

CEDAR HILL | DESOTO | DUNCANVILLE

SouthwestNOW

M A G A Z I N E

MAY 2021

When the Grammys Call

Pamela Dawson gets national recognition

Founding Folklorico

Rosa Ramirez Guerrero creates change through dance

Also inside:

Scavenger Hunt

Crossword/Sudoku

Featured Business:
Bristol Hospice-Pathways, LLC

In the Kitchen With
Aacell Carr

Postal Customer

.....EGRWSS EDM.....

PERMIT 4040
DALLAS TX
6402
U.S. POSTAGE
PSNBT 525



MEET THE CEDAR HILL ISD 2020-21
TEACHERS OF THE YEAR



Aaron Kennedy
Cedar Hill HS



Audrey Peterbark
Lake Ridge ES



Ebonie Davis
Bray ES



Maria Rosero-Wilches
Highlands ES



Samantha Dunaway
Collegiate Academy



Olaide Ajakaye
High Pointe ES



Kellie Burchfield
Collegiate Prep ES



Deldrick Burley
Permenter MS



Megan Rios
Plummer ES



Tiara Frazier
Waterford Oaks ES



Carlece Jackson
Bessie Coleman MS



Stephanie Burnam
Collegiate HS

The Best Place to Learn for A Better Future!

DeSoto
Independent
School District



ENROLL TODAY FOR 2021-22 SCHOOL YEAR.

2021
NATIONAL
SCHOOL CHOICE
RECIPIENT



DISTRICT HIGHLIGHTS:

- Districtwide STEM Emphasis
- World-Class Magnet Academies
- Dual-Language Programs
- Full-Day Early Childhood
- Early College High School (Earn Associate's Degree)
- Highly-Competitive Athletics

ENROLL TODAY! [DeSotoISD.org/Enrollment](https://www.DesotoISD.org/Enrollment)

DeSoto ISD is a public independent school district serving more than 7,400 students and 1,000 employees. The district comprises 11 campuses serving students from early childhood through graduation. DeSoto ISD's mission statement is to inspire curiosity and consciousness, develop character, build courage, and nurture compassion. The district's 2021 Be The Future Strategic Plan focuses on equity, access, and excellence in an effort to provide a holistic and well-rounded educational experience to students and families.

CONTENTS

8 WHEN THE GRAMMYS CALL

DeSoto music students learn from the best.

14 FOUNDING FOLKLÓRICO

This ballet organization inspires cultural acceptance.

38 GRAND CANYON OF TEXAS

History and rugged beauty await visitors at Palo Duro Canyon State Park.

8



22 CookingNOW

28 BusinessNOW

34 Around TownNOW

Publisher, Connie Poirier | General Manager, Rick Hensley

EDITORIAL

*Managing Editor, Becky Walker | Southwest Editor, Adam Walker
Editorial Assistant, Lori Widdifield
Writers, Angel Morris . Melissa Rawlins . Virginia Riddle
Editors/Proofreaders, Lisa Bell . Rachel Rich . Virginia Riddle*

GRAPHICS AND DESIGN

*Creative Director, Chris McCalla | Artists, Kristin Bato
Martha Macias . Anthony Sarmienta . Jennifer Stockett*

PHOTOGRAPHY

*Photography Director, Chris McCalla
Photographer, Shane Kirkpatrick*

ADVERTISING

*Advertising Representatives, Dustin Dauenhauer . Bryan Frye
Cherise Burnett . Kelsea Locke . Linda Moffett . Lori O'Connell
Keri Roberson . Linda Roberson . Joyce Sebesta*

Billing Manager, Angela Mixon



ON THE COVER

Pamela Dawson takes on life glissando allegro.

Photo by
Shane Kirkpatrick.

SouthwestNOW is a NOW Magazines, L.L.C. publication. Copyright © 2021. All rights reserved. SouthwestNOW is published monthly and individually mailed free of charge to homes and businesses in the Cedar Hill, DeSoto and Duncanville ZIP codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 283-1170 or visit www.nowmagazines.com.



FROM CRAYONS TO CAREERS, YOUR CHOICE STARTS HERE

**Virtually Rounding Up
Pre-Kindergarten Scholars**

Online Enrollment is Now Open!

Visit www.duncanvilleisd.org



**Duncanville ISD is a
Limited Open Enrollment
School District that invites
ALL scholars to apply**

**Questions? Email us at
enrollment@duncanvilleisd.org**

◆ Explore ◆ Learn ◆ Play ◆ Dream

f /duncanvilleISD

@ /duncanville_isd

t @duncanvilleisd

u @duncanvilleisdweb

EDITOR'S NOTE



Adam

Adam Walker
SouthwestNOW Editor
adam.walker@nowmagazines.com
(469) 285-2008

Summer is upon us!

I have fond memories of summers gone by. There was the summer of 1980, when it got so hot that I sat on the curb and watched the tar bubble on the street, and used my big toe to pop those bubbles. (Mom was not amused.) There was the summer of 1982, when I had to rescue the older neighbor boy from sinking in quicksand. (His mother was not amused.) There was the summer of 1984, when we turned our driveway into an Olympic stadium to compete with the neighbors in long jump and roller skating and sprints. There was the summer of 1987, when I was learning to drive in Mom's car. There was the summer of 1993, when I took four classes in summer terms and gave myself algebra nightmares about being chased by giant, flying, acrylic equations. Then there was the summer of 2000, when I moved to Taiwan to teach English. And the summer of 2005, when I drove to North Dakota to study signed languages.

I used to enjoy summers a lot more than I do now. Now, I mostly complain about how hot they are and look forward to cooler days in the fall. But I'm hoping this summer will be memorable for all the right reasons. I want to make new memories with my nephew and my nieces, and maybe consume more than a few snow cones. Any summer is better with plenty of cold treats! Maybe I'll even buy some overpriced frozen novelties on a stick when the ice cream truck rolls by — and pretend it's 1980 once again, and that *Battlestar Galactica* is in reruns!

Here's to summer memories, old and new!

THE MOST IMPORTANT NUMBERS A BANK
CAN THROW AT YOU ARE 24 AND 7.



You call and we answer around the clock, right here in Texas.

Visit us at 150 E Hwy 67, Suite 110 in Duncanville or call (800) 51-FROST.



MEMBER FDIC



NOW ACCEPTING THE FOLLOWING INSURANCES!

Aetna | WellMed | Cigna | Humana | Medicare | WellCare
Blue Cross Blue Shield | United Healthcare
Scott & White | Molina | Superior Health | Healthscope
DART | TriCare and many, many more



OFFERING Retina, Cataract and Glaucoma Management
COMPREHENSIVE EYE CARE

*Please visit our website
www.DeSotoEyeDoctor.com
to see the many other insurance
options we have available.*



MOM PREMIER EYE INSTITUTE

**1510 N. HAMPTON ROAD
SUITE 290**

DESOTO, TX 75115

T: 469.687.5664

F: 469.317.3344

WWW.MOMPREMIER.COM

f @desotorec
i @desotopard

ANNUAL CRAWFISH FESTIVAL

6PM - 10PM SATURDAY, JUNE 5



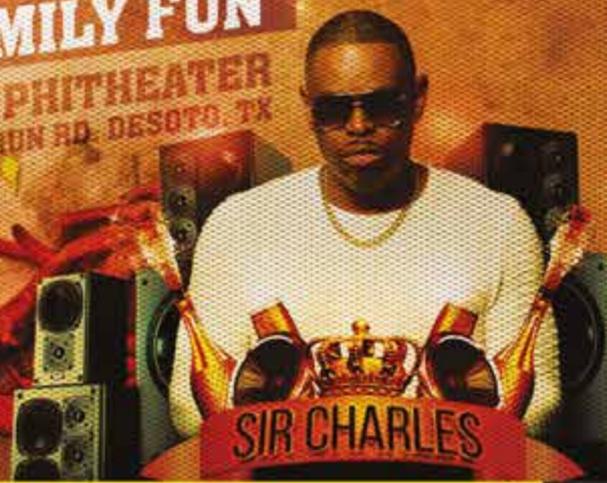
LIVE MUSIC • DRINKS • FAMILY FUN

DESOTOEVENTS.EVENTBRITE.COM
WWW.DESOTOPARKS.GOV/PARKS

DESOTO AMPHITHEATER
211 E. PLEASANT HUN RD. DESOTO, TX



DeSoto Parks & Recreation
Discover. Experience. Play!



SIR CHARLES

BEST SOUTHWEST

JUNETEENTH CELEBRATION

|| JUNE 19, 2021 ||

FAMILY FUN FOOD MUSIC GAMES

DESOTO, TX

PERFORMING LIVE
9X GRAMMY AWARD-WINNER
SHAUN MARTIN

GATES OPEN 5PM | SHOW STARTS 6PM
DESOTOTEXAS.GOV/JUNETEENTH

f DESOTOREC
i DESOTOPARD

EVENT SPONSORED BY





MORADA[™] CEDAR HILL

NEW NAME Same Excellence in Senior Living

Crescent Place & Crescent Point Are Now **Morada Cedar Hill**

Sure, the name is new, but the same, caring team members and exemplary quality of life are, and will remain, the true hallmarks of life in our community.

New ownership and management only furthers our ability to deliver an exceptional resident experience today, as well as introduce new programs and improvements to achieve new levels of lifestyle personalization, care and all-around quality in the near future. That's because Discovery Senior Living brings a proven reputation for innovation and steady leadership, plus almost a decade of experience in owning and managing communities throughout Texas (and almost 30 years in senior living overall).

Together, we share the same passion you do for living well and continuing a proud legacy right here in **Cedar Hill!**

COME SEE WHAT MAKES US DIFFERENT!

- Separate Active Independent Living & Assisted Living Buildings on Campus
- Restaurant-Style Dining
- Daily Activities, Events & Entertainment
- Convenient Location Near Shopping & Dining
- Only Active Independent Living Community Within 30 Miles
- Tenured Team Members
- 24-Hour Professional Team Available
- Continuum of Care on Campus to Age in Place

NOW TOURING! Call today to Experience Life at Morada!

MoradaSeniorLiving.com

972.291.4955 | 225 W. Pleasant Run Road, Cedar Hill, TX 75104 | Assisted Living & Memory Care

972.299.6551 | 235 W. Pleasant Run Road, Cedar Hill, TX 75104 | Active Independent Living



When the readers of SouthwestNOW Magazine met Pamela Dawson in May of 2018, she was showing off her house and sharing the life journey that brought her to DeSoto ISD to inspire students with her love of music. Now, she's celebrating her first Grammy nomination!

"It was late March or early April of last year when I found out that I'd been nominated. I didn't know, at first, who had nominated me, but it was our director of fine arts, Dr. Jamie Kovar, and one of my students."

Pamela was nominated for a Grammy Award in the category Music Educator of the Year. It's a fairly new category, created in 2014, to celebrate the educators who inspire the next generation of musicians, singers, songwriters and composers to chase their dreams.

"There were over 2,225 nominees for the award, but I felt so honored to be included in that group. I thought, *Wow! Someone thinks I'm that good? They nominated me?* Then in May, the Grammy Foundation announced the quarterfinals, and I was in the top 225! I had to submit videos about how I was adapting my teaching for COVID, how my teaching affects the community and about my proudest moments as a teacher. There were a lot of questions I had to answer, and all of that was submitted in June. In October, they announced the semifinalists, the top 25, and I was included. Each step of the way, I thought, *Oh, my God! How did I get here?*"

Pamela got here by a long road that started in Michigan. She loved music as a child and loved to play the piano and other instruments. But her father, like many parents, warned her that music was not a good career choice. So, she studied business alongside music and worked in the business world for years, until she took a job at a Catholic high school in her home state as a choir director. "When I stepped in front of my first choir, I asked myself, 'What have I been doing with my life? This



WHEN THE GRAMMYS CALL

— By Adam Walker



DALLAS AREA PATROL
AND PROTECTION SERVICES

FOCUS DAILY NEWS READERS CHOICE AWARD
BEST SECURITY 2017-2020

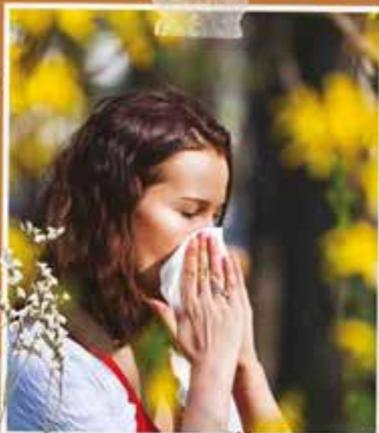
CHIEF M. JONES
CHIEF OF OPERATIONS

MOBILE NUMBER 214-532-4202
MAIN NUMBER 972-224-0920



1229 E. PLEASANT RUN RD., SUITE 222, DESOTO, TX 75115 • WWW.DAL-APPS.COM • INFO@DAL-APPS.COM

Allergy and Asthma Center of Duncanville
is here for you and your family!



Spring allergies
are coming!



TEXT ALLERGY TO (844) 941-4318
To get allergy tips sent to your phone.

Don't let your Allergies and Asthma spoil your new year plans. Come visit us at Allergy and Asthma Center of Duncanville for a check-up so we can help keep you and your loved ones safe.

ALLERGY AND ASTHMA CENTER OF DUNCANVILLE remains a trusted and reliable practice, caring for Dallas/Duncanville communities for over 30 years. Patients refer their family members and friends, knowing they can get exceptional care from the compassionate and knowledgeable medical staff.

- Mandatory mask and additional precautions taken to protect patients during the COVID-19 pandemic.
- Most private and government insurances are accepted (Medicaid, Medicare, Tricare).

Se habla
Español



To make an appointment: call us at 972-709-NOSE
or visit us at www.aacod.com • Fax: 972-298-8590
626 W Wheatland Rd, STE B, Duncanville, TX 7511

HAROLD DELASALAS, MD, PharmD, FACA, FAAP, FACP, FAAAAI
Board Certified in Internal Medicine, Adult & Pediatric Allergy, Asthma and Immunology
FARAH JUMA, PA-C • KEVIN NGUYEN, PA-C • JESSE ASTORGA, PA-C

is what I should be doing!' I tried walking away from music, but I always came back. My mother was my biggest fan and always thought I was a great musician. She came to all my concerts when I started teaching. When I moved to Texas to work at DeSoto ISD, she prophesied over me. The passion I'd had since I was a little girl blossomed here."

Pamela wanted to pass on her love for music and the arts. "In DeSoto, I've had the chance to nurture that same passion in my students and let them know that they can run with the big dogs at any of the fine arts academies in the Metroplex. I love DeSoto! I tell my students to do what they love. If you follow your heart, it's not longer just a job."

In December, Pamela was working on music for a virtual Christmas concert. "I was working on the final mixing, and I took a break to check my email. I had an email from the Grammy Foundation. I opened it and found out I was a finalist. I made the top 10! I couldn't believe it. I just started crying. My youngest daughter heard me from the other room and asked, 'Mama, is the music that beautiful to make you cry?' I was crying because someone sees the gifts in me. Then I got to looking at who else was in the top 10. These music instructors are amazing. I'm not in the same category with them, but someone thinks I am. I never got to finish my master's degree in choral conducting. Life got in the way, but, apparently, that piece of paper doesn't make a good conductor if I'm a finalist!"

Then there was a long wait between December and the end of March, when Pamela would learn if she won or not. "For Christmas, my daughter got me this white and gold gramophone-shaped





music box and told me that it was my Grammy, whether or not I won. DeSoto ISD put me on a billboard! I've had a lot of amazing students over the years, and I always told them, 'When you get your Grammy, I better hear my name in your speech!' Now they were saying, 'Hey, I thought we were supposed get the award!'" What more could a proud teacher ask?

"I still remember my first music teacher, Mrs. Vivian Tate," Pamela recalled. "She made a great impact on me. And Mr. Jack Shelby, in high school, I think most of my teaching technique comes from him! I tell my students, 'This is bigger than music. You may never sing another note after you leave my class, but I'm teaching you about life.' I stop and listen to what's going on in their lives. Sometimes, I feel like Lucy in her psychiatry stand, in the *Peanuts*. 'Nickels, nickels, nickels!'"

Pamela didn't get to walk the red carpet, but she bought a new signature conducting jacket and waited for the news. "We were notified the week before if we were the winner or not. Only the winner was able to attend this year, so they had to tell us ahead of time who had won. Dr. Jeffrey Murdock at the University of Arkansas was the recipient. He's amazing. I'm glad he won, and I'm proud of him. I had intended to put the statue on my piano if I won. I didn't bring the Grammy home, but I'm still a winner, because I get to do what I love every day. I get to create beautiful music, wonderful memories and opportunities for my students, but moreover mold amazing musicians." And the students of DeSoto ISD are lucky to have an amazing teacher, worthy of national recognition. **NOW**

FLAWLESS

Hair & Beauty Supply

949 N HWY 67 Ste. 309

Cedar Hill, TX 75104

(469) 575-0110

www.flawlessdfw.com



@flawlesshairbeautydfw



@flawlessdfw

\$10 OFF

any purchase or service of \$50 or more with any donation of diapers or any other baby essentials.

All donations benefiting Bridges Safehouse. www.bridgescanhelp.org

WITH THIS AD. EXPIRES 5/31/21

Celebrating Jim McDonald's 56th Year As A Trusted Hometown State Farm Insurance Agent

Been Thinking About Switching Insurance Companies?

Since 1965 the community has trusted Jim to provide them with the best home, auto, life, renters insurance and more.

What others have to say:

Jim McDonald is one of the finest men I know. Best boss I ever had. Going to work never seemed like work. 20 of the best work years of my life! Love this man & his family. ❤️ Cyndy J.

★★★★★ Mr. McDonald's agency is truly a "Good Neighbor." They are always friendly and knowledgeable when I call. Excellent service! - Margaret D.

★★★★★ Always attentive. Quick to answer the phone. They get the job done with no hassles and no problems. - Margaret M.

Call one of our English or Spanish speaking agents today to see how we can save you money on your auto, home or life insurance policy at 972-298-4491 or 1-800-250-9919.



JIM McDONALD
Agent

314 North Main Street
Duncanville, Texas 75116
Office # (972) 298-4491
Fax # (972) 298-3005
jim.mcdonald.b4ee@statefarm.com
Se Habla Español

There when things go wrong.
Here to help life go right.™



STATE FARM INSURANCE COMPANIES
HOME OFFICES: BLOOMINGTON, ILLINOIS

move better



Ready to move better? Our specialists care for all of your orthopedic needs—from joint surgery to sports medicine to orthopedic trauma. With both non-surgical and surgical options, we offer complete care designed for you.



 **Baylor Scott & White**
SPORTS MEDICINE
AND ORTHOPEDIC INSTITUTE
WAXAHACHIE
A member of HealthTexas Provider Network

Waxahachie
1005 Legacy Ranch Road, Suite 100 | Waxahachie, TX 75165

Midlothian
4431 E. US Highway 287 | Midlothian, TX 76065

Walk-ins welcome or make an appointment
469.800.9790
OrthoWax.com

Photography may include models or actors and may not represent actual patients. Physicians are employees of HealthTexas Provider Network, a member of Baylor Scott & White Health. ©2021 Baylor Scott & White Health. 99-PRAC-261402 BID

LOWEST PRICES IN THE METROPLEX!

ROCKY'S

Stone & More, Inc.

**OLD-TIME, FAMILY-FRIENDLY SERVICE
LOW PRICES • QUALITY PRODUCTS**

**Largest Selection and
Inventory of Stone in Texas.
More Than 300 Types of Stone
on Over 10 acres!**

*Spring
has Sprung!*



COUNTERTOP SLABS & POOL COPING



BELGARD PRODUCTS



GRILLS & ACCESSORIES

MULCH

- Landscapers Mix • Kiddie Cushion
- Cedar • Pecan Shell
- Hardwood • Red • Black

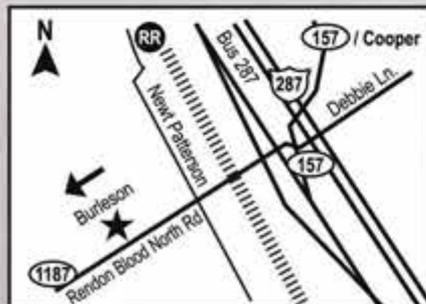
SOIL & COMPOST • MUSHROOM COMPOST

• GARDEN SOIL

- Organic Compost
- Mixed & Top Soils
- Bedding Soil

OUTDOOR STONE WORKS

- Bird Baths • Fountains • Fire Pits
- Yard Ornaments



Bulk-Bag-Pallet

Delivery Available

One Piece or Truckload

**All Builders Welcome!
Landscape Accounts Available**

Help Wanted!

**OPEN TO
THE PUBLIC!**

7973 FM 1187

(Rendon Bloodworth Rd.)

Mansfield, TX 76063

**1 1/2 Miles West
of Business 287**

Mon. - Sat. 7:30am - 5:00pm

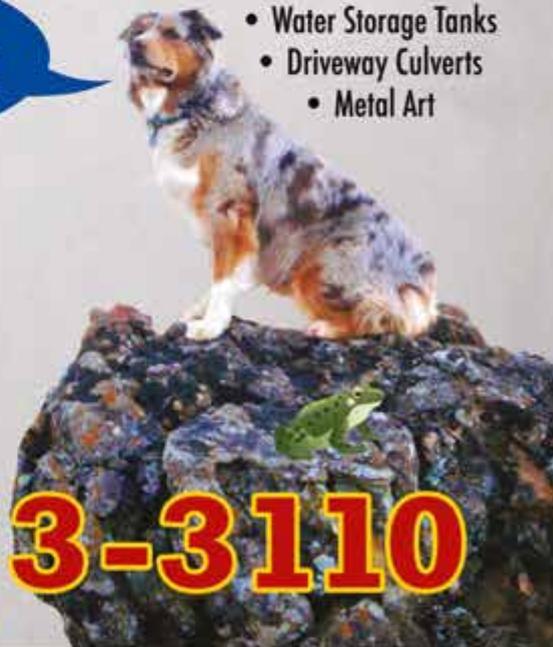
817-473-3110

RockysStone.com

STONE

- Boulders • Building Stone
- Chopped Stone • Cobblestone
- Decorative Rock & Gravels
- Flagstone • River Rock
- Stone Veneer & Flooring
- Sand & Concrete Products

- Trailers/UTVs
- Trailer Rentals
- Water Storage Tanks
- Driveway Culverts
- Metal Art

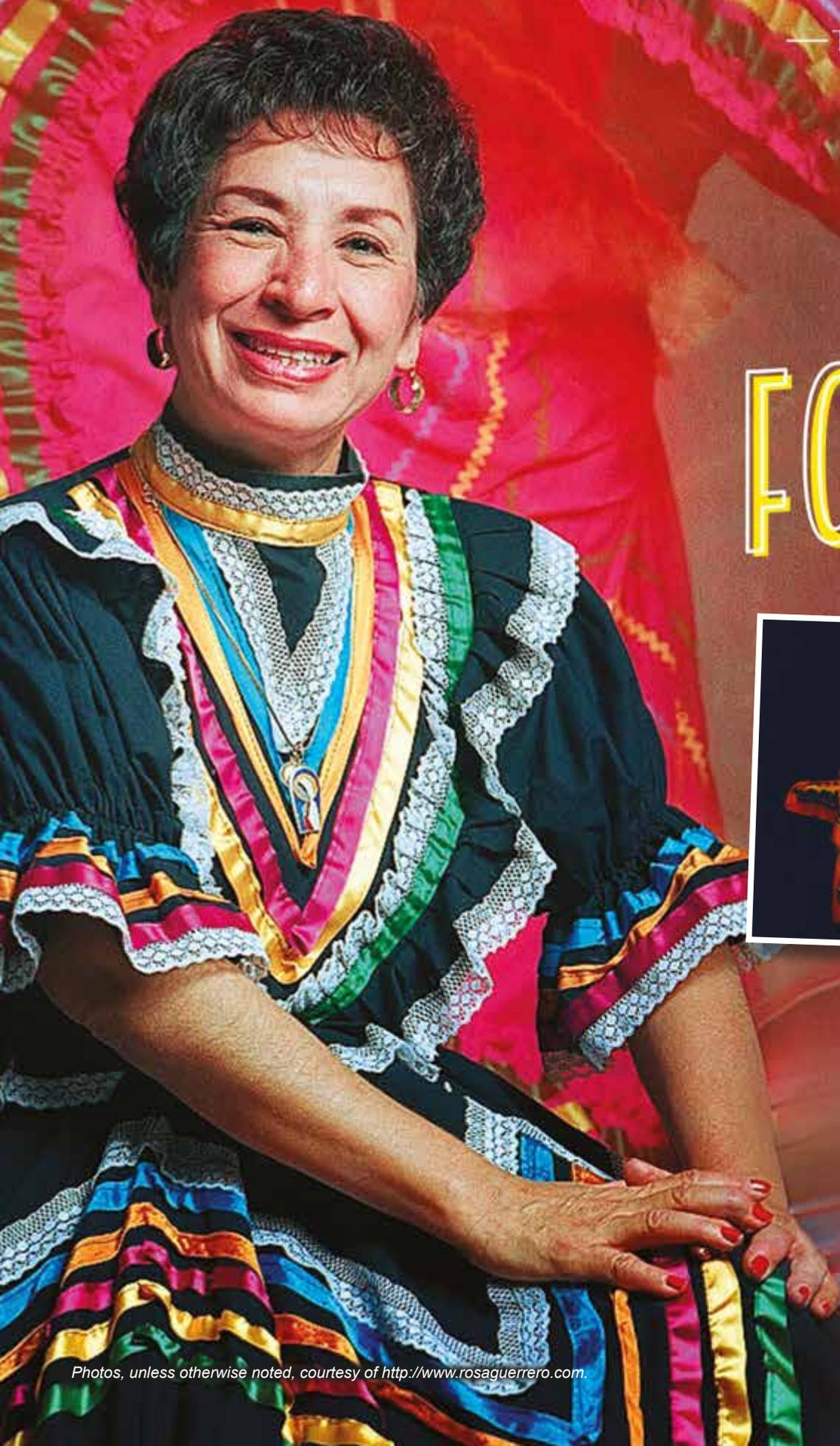


We Are the First Step in Creating Your Own Backyard Retreat.

— TALES OF TEXAS —

FOUR FOLKLO

— By Angel Morris



DING RICO

Born in El Paso, Rosa Ramirez Guerrero is best known as an artist, dance historian and humanitarian. Also an educator, she taught for El Paso ISD, El Paso Community College and at The University of Texas at El Paso. Throughout her efforts, Rosa placed importance on cultural awareness. "My belief was to lift the spirit, soul and self-esteem of any student I had in my path. I would make them proud of who they were," Rosa reflected.

Rosa recalls her own teachers in the 1940s and '50s were not encouraging. At that time, students were punished for speaking Spanish in school, fueling Rosa's desire to become a teacher herself.

As a result, Rosa was the first of seven children in her family to graduate and earn both a bachelor's and master's degree. "I developed a strong sense of leadership in high school and wanted to continue that as a freshman dance major



PRECISION EYE-CARE

\$15 OFF EYE EXAM
Restrictions apply
Expires 5/31/2021

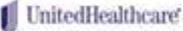
















Happy Mother's Day

- Accepting New Patients
- Spanish-speaking doctor & staff (Se habla Español)
- Walk-ins welcomed

Hours: Monday-Thursday 9-6 | Friday 8-4 | Saturdays, by appointment
 150 E. Hwy. 67, Suite 120 • Duncanville, TX
 972-298-EYES (3937) ■ www.pecdallas.com

Payments accepted:
Cash, Debit, Checks
CareCredit





Fuego

CHURCH






Belong. Believe. Become at Fuego!

Sunday Services

DeSoto Campus: 1331 S. I-35 E DeSoto, TX 75115
9:30 AM - Bilingual

Red Oak Campus: 211 N. Main St. Red Oak, TX 75154
11:30 AM - Bilingual & 1:30 PM - English

Pastors Joshua & Lavan Rivera **Office: 319.321.0660**

Connect with us online!

 Fuego Church Online
  @FuegoChurchAG
  @Fuego.Church
  @FuegoChurch

SAME-DAY APPOINTMENTS AVAILABLE
We now accept most Medicare Managed Care Plans.



Now testing for COVID-19.
Must call ahead!

Hormone PELLET Therapy for Women & Men
 Feel Younger, Lose Weight, Stop Aches, Increase Sex Drive

WE'RE ACCEPTING NEW PATIENTS!



Pamela Phillips
 PhD, RN, FNP-C
 Certified Family Nurse Practitioner

Weight Loss Plans That Work
Includes Training Books & Medications to Assist with Weight Loss

Our weight loss program is the only one that accepts your health insurance for payment!

Can't Come to the Office?
We have Telehealth!
Call for Our Free App!

Lipo Laser Program

Lose Inches • Lose Weight
ONLY \$85 Per Session
 People typically lose 1/2 inch per session!



972-709-3415 • 947 Scotland Dr., Ste. 107, DeSoto, TX 75115
 www.PhillipsFamilyMedical.com • Email: Info@PFMed.net
 Friend us on Facebook • Nosotros hablamos Español!

at Texas State College for Women [now Texas Woman's University]," Rosa recalled. "My counselor told me I was too pushy and aggressive."

Hearing this took a toll on Rosa's self-esteem. Around this time, however, she met her would-be husband, Sergio, and the couple married in 1954. The coach and modern dance instructor would be her soul mate for 62 years, until his passing in 2016.

With Sergio's support, Rosa started the first folklórico dance group in El Paso in 1970. Burges High School was the first school for the folklórico, sponsored by the Spanish National Honor Society. "We practiced during lunch. Then at El Paso Community College, with the support of Dr. Alfredo de los Santos. We danced at the barracks at Logan Heights, where Ft. Bliss had loaned the college some space," Rosa outlined. "Then in 1972 at Our Lady of the Light, the first chapel there, and then at St. Joseph's Church with my first real folklórico."

Calling it the International Folklórico Dance Group, Rosa served as artistic director and truly began to fulfill her mission of cultural acceptance. "I felt many Mexican Americans did not know their culture, or they denied it. If I could share how I felt my culture through dance, they could also build a sense of pride in their heritage through music, dance, folklore, language, literature, the arts, etc." Rosa said.

Rosa went on to develop the 1974 film, *Tapstry*, based upon creating cultural harmony, and was honored with a national award for documentary filmmaking. She was a featured dancer in the film, which now has a sequel, *Tapstry II*.



Direct Mail Advertising Works!

For more information, please call your local advertising representative.

972-283-1170

NOW
 MAGAZINES

BURLESON | CORSICANA | ENNIS | MANSFIELD | MIDLOTHIAN
 NORTH ELLIS COUNTY | SOUTHWEST | WAXAHACHIE | WEATHERFORD

Let SouthwestNOW Magazine present your advertising message to

over 56,200

Home & Business addresses in the Cedar Hill, DeSoto & Duncanville ZIP codes



Bryan Frye



Dustin Dauenhauer



Photo courtesy of the El Paso Museum of History.

In 1991, Rosa's International Folklórico performed at the Kennedy Center. "We were told we were the first folklórico in the nation to perform there!" Rosa noted.

In 1992, Rosa Guerrero Elementary was dedicated by Governor Ann Richards. "That was the naming of the first elementary school for a Latina in El Paso. I still cannot believe it," Rosa enthused.

Awarded a lifetime membership with the Texas PTA, Rosa credited her parents as her first teachers. "They were the best dancers in the world, I thought. My father knew so many steps, so much music, so much culture, too."

Rosa officially started dance classes at age 6, and her dance career spanned 78 years. "I still dance sitting down, especially tap, Irish jigs, waltzes, folklórico footsteps called *zapateados*, Spanish *taconeos* and all the arm and hand movements possible!" Rosa exclaimed.

Through the years, Rosa has received local, national and international honors, including being named a Distinguished Alumni of The University of Texas at El Paso, inductee into the Texas Women's Hall of Fame, the Valley Forge Freedoms Foundation Award, the LULAC Arts and Humanities Award, the NEA Human Civil Rights George I. Sanchez Memorial Award and the Mexican Consulate Ohtli Award for her work with Mexican Americans and other minorities. "There should be mandatory human relations classes for all Americans," Rosa suggested as a significant way to move the country forward in cultural acceptance.

Rosa said seeing her own children — two teachers and a Christian musician — help in their communities makes her as proud as any of her achievements. "Cultural understanding and respect for each other begins in the home," Rosa credited. "That is where we begin to stop racism." **NOW**



Let me help you
find your **NEW HOME!**

DEONTAE INGRAM
(469)285-1650
deontaeingram@ebby.com
deontaeingram.ebby.com
@deontae.ingram

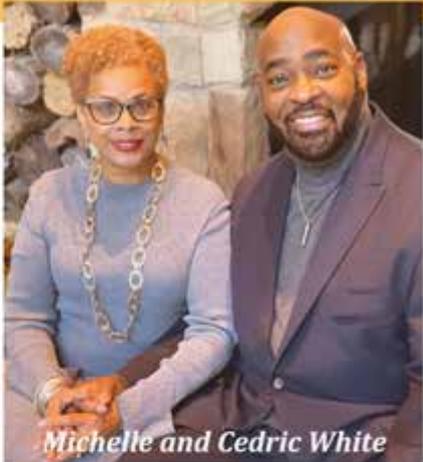


Healing Thine Hearts

Healing Thine Hearts provides care, coaching, and counseling for the spiritual and cognitive healing of relationships. Single, engaged, married, divorce prevention, divorce care, and family relations is our focus. We are a nonprofit organization providing training and practical applications to uplift, encourage, and help people obtain excellence in relational matters.

Additional focused areas are:

- Veterans & 1st Responders
- Health & Wellness



Michelle and Cedric White

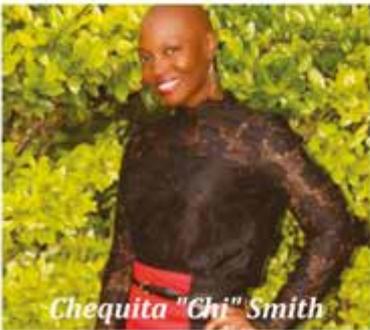
972-833-4333
2001 W. Plano Pkwy., Plano, TX 75075
cedric@hhearts.org
michelle@hhearts.org
chi@hhearts.org

UPCOMING TRAININGS

3 in 1 Lay Counseling/Certified Belief Therapy
May 11-14 • August 24-27

Call our Office today to get Registration Details.

Become Certified in three days. Call to inquire about our 3-day Faith Based certified belief therapy training.



Our Partners:



For Counseling Services, visit
<https://healingthinehearts.clientsecure.me>



www.healingthinehearts.org

SCAN CODE FOR MORE INFO.



IS ACCESS TO PUBLIC TRANSPORTATION A HEALTH CARE ISSUE?

✦ WE BELIEVE
BETTER HEALTH
BEGINS WITH
BETTER QUESTIONS

askbravely.unthsc.edu

THE HOME CARE NETWORK PROVES "THERE'S NO PLACE LIKE HOME" WHEN CARING FOR ELDERLY

Dallas-based firm featured on regional lifestyle show



DALLAS - With more than 10,000 Baby Boomers crossing the 65-year-old threshold every day, it's no secret that this "gray tsunami" is causing society to re-evaluate how it cares for the growing number of elderly which will soon hit 73 million.

Founded in 1999, Dallas-based Home Care Network (www.homecarenetwork.com) anticipated this trend and responded with a comprehensive care strategy that allows these people to receive hospital-level care at home. Today, it is one of the premier companies of its kind and is regularly sought as media source for stories on this issue.

Recently, Home Care Network executive vice president Xavier McGillberry addressed these issues on the *Balancing Act* (<http://thebalancingact.com/home-care-services/>), a lifestyle show that airs on several local and national networks. In this segment hosted by Montel Williams, he discusses the services that allow their patients to live fulfilling and meaningful lives while receiving treatment at home.

"The overwhelming desire of aging Baby Boomers and their families is that they want to stay home," he said. "We allow them to do just that."

With a comprehensive menu of services, Home Care Network creates a detailed care plan based on communication with doctors and other health care professionals. These services include physical/occupational therapy, medicine management, and assistance with personal hygiene, bathing, and dressing. Specialized staff can also administer such activities as EKGs, blood work, and cardiac and pulmonary care.

"This is an important story for our society," said Lauren Berger, producer of the *Balancing Act*. "It was important for us to tell this story through the eyes of one of the country's premier providers. The Home Care Network clearly fit that criteria."

The Home Care Network builds its care plan through regular contact with physicians and families.

"Our staff is in regular contact with physicians and families so there are no gaps or mistakes in the care of a patient," added McGillberry. "This ongoing communication is the key element in allowing people to stay at home while receiving the best possible care. The ability to stay in a familiar setting - rather than a nursing home - does wonders for a person's state of mind and physical well-being."

Another benefit of the Home Care Network is that medical staff is available 24/7. Patients and family can call in and speak directly to a medical professional who has direct access to all charts and medications.

"This gives everyone peace of mind," said McGillberry. "Basically, our patients are never alone."

About the Home Care Network

The Home Care Network is one of the Dallas area's premier health care companies that believes ultimate independence promotes self-esteem and dignity within the family unit. Facilitation of self-care needs is a vital part of the home care role.

The firm is an advocate for patients and their families, providing hospital-like services in a home setting where they are the most comfortable and can interact and receive support from family members or care givers.

About the *Balancing Act*

The *Balancing Act* is the longest-running syndicated program running on Lifetime. It is a daily morning show that brings valuable solutions for today's on-the-go families.

HON
Home Care Network
Bringing Healthcare Home

www.homecarenetwork.com

Referral Intake:

1-877-270-2001

Referral Intake Fax:

1-866-883-2383

PAID ADVERTISEMENT

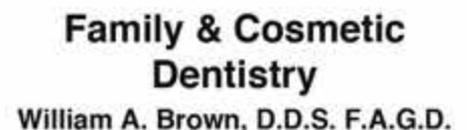
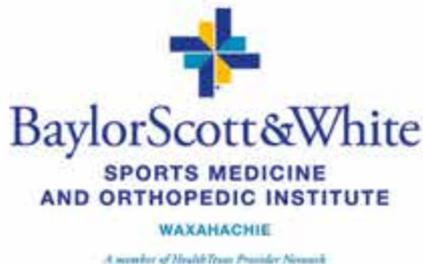


Congratulations

DESOTO L



Chief Maurice Jones





ADY EAGLES | 2021 UIL 6A STATE CHAMPIONS



Photos courtesy of DeSoto ISD/Drew Castillo.

State Farm



Alicia Francis



REPUBLIC SERVICES



Letitia Hughes

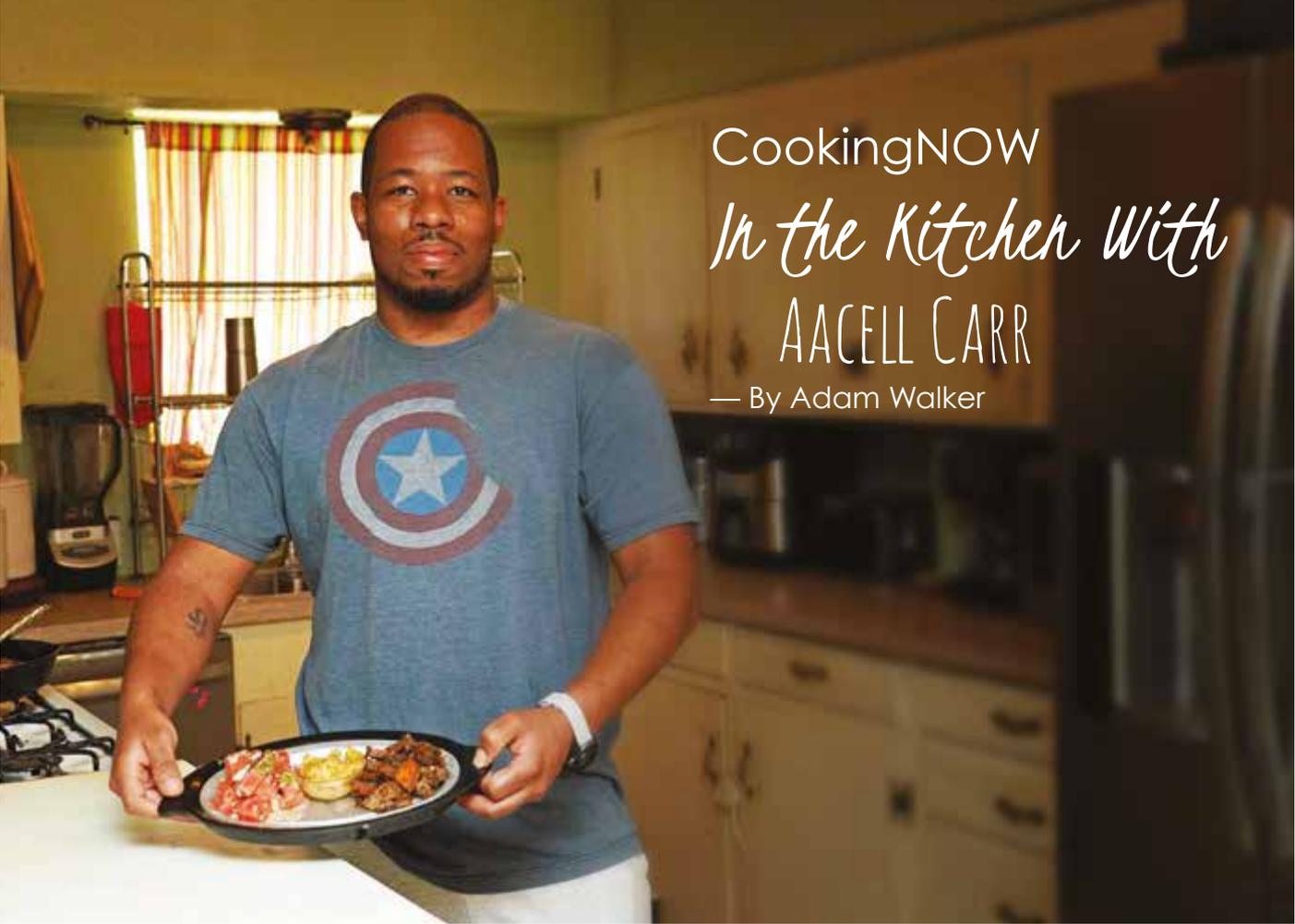


COMFORT REHAB CHIROPRACTIC



Fuego CHURCH

NOW MAGAZINES



CookingNOW

In the Kitchen With

AACELL CARR

— By Adam Walker

Aacell Carr started young. “I began cooking as soon as I was able to look over the stove! Growing up, my mom worked long hours, so I was motivated by the desire to eat more than sandwiches for dinner. I observed her cook when she had the time. I took her recipes and made them my own.” As a New Yorker, Caribbean and Italian food formed his foundation. Without any formal schooling, he’s learned from every chef he’s worked under, and continues widening his repertoire.

When not cooking, he keeps busy other ways. “I’m a husband and the father of a 7-year-old daughter and a 9-year-old son. Pre-COVID, I enjoyed mud runs and extreme fitness runs. Now, I dabble in home improvement projects and streaming marathons!” **NOW**

Steak and Sweet Potatoes With Curry Aioli

Curry Aioli:

3/4 cup good-quality mayonnaise
1 clove garlic, minced
1 Tbsp. curry powder

Steaks:

4 Tbsp. olive oil, (divided use)
1 1/2 lbs. sweet potatoes, peeled and cut into 1-inch cubes

2 lbs. sirloin steak, cut into 2-inch pieces
2 tsp. salt
Cracked pepper, to taste
5 cloves garlic, minced

1. For curry aioli: In a small bowl, mix together the mayonnaise, garlic and curry powder until smooth; set aside.
2. For steaks: Heat 2 Tbsp. of the olive oil in a large, cast-iron skillet over medium-high heat. Add the sweet potatoes to the pan in a single layer. Let sit, untouched, for

3-5 minutes, until the sweet potatoes are golden brown. Toss them in the pan for an additional 10-12 minutes, until fork tender. Remove them from the pan; set aside.

3. Season the steak pieces generously with salt and pepper. Heat the remaining 2 Tbsp. of olive oil over high heat. Add in the steak bites in a single layer, making sure they aren’t touching each other. Cook on high, untouched, until the steak bites are well browned, turn sides and repeat. Continue cooking until all sides are brown. If working in batches, remove the first batch from the pan; cook the remaining steak.

4. Once all the steak is cooked, add both the sweet potatoes and all the steak back into the pan, along with the garlic; cook for 1-2 minutes, until the garlic is fragrant. Serve hot with curry aioli.

Garlic Parmesan Cream Sauce

Use as a sauce on your favorite steak.

2 Tbsp. canola oil
3 cloves garlic, chopped
1 cup heavy cream

1/2 cup Parmesan cheese
2 Tbsp. beef bone broth

1. Heat the oil; add the garlic. Sauté and add the heavy cream; simmer.
2. Add the cheese and bone broth; mix until creamy.

Brussels Sprouts

1 bundle Brussels sprouts, quartered
Salt, to taste
Pepper, to taste
1/4 cup oil
1/4 cup Thai chili sauce

1. Preheat the oven 350 F.
2. Toss the Brussels sprouts in salt, pepper and oil.
3. Lay them on a sheet pan; cook for 10-15 minutes. Finish by tossing in Thai chili sauce; serve.

Chimichurri

1 cup fresh flat-leaf parsley, trimmed of thick stems, firmly packed
2 Tbsp. fresh oregano leaves (or 2 tsp. dried oregano)
3-4 cloves garlic
1/3 cup extra-virgin olive oil
2 Tbsp. red or white wine vinegar
1/2 tsp. sea salt
1/8 tsp. black pepper, freshly ground
1/4 tsp. red pepper flakes

1. Finely chop the parsley, fresh oregano and garlic (or process them in a food processor several pulses). Place them in a small bowl.
2. Stir in the olive oil, vinegar, salt, pepper and red pepper flakes. Adjust seasonings.
3. Serve immediately or refrigerate. If chilled, return to room temperature before serving. This can keep for a week or two.

Strawberry Egg Rolls

5 oz. lemon-flavored Greek yogurt
1 8-oz. pkg. cream cheese
1 large egg
2 Tbsp. granulated sugar
1 Tbsp. fresh lemon juice
Oil, sufficient to fill pot 2 inches deep
8 egg roll wrappers
10 strawberries, cut into small pieces
1/2 cup powdered sugar
2 Tbsp. lemon juice, freshly squeezed

1. In a medium-sized mixing bowl, beat together the Greek yogurt, cream cheese, egg, sugar and lemon juice.
2. Preheat the oil in a large, heavy pot to 375 F.

**We're here
Because
we care.**



**Jaynes
Memorial
Chapel**



811 S. Cockrell Hill Road
Duncanville, TX 75137
Phone: (972) 298-2334
jaynesmemorialchapel.com

**Friends Place
Adult Day Services**



Alzheimer's Diagnosis?
Specialized Alzheimer's
Daytime Care & Programs

Taking New Enrollments
Call today for a tour.
972.274.2484

Affordable and flexible memory care program and services, benefiting participants as well as providing families with peace of mind.

Masks required. Social distancing practiced.

- Opportunities to stay socially connected with peers
- More than 20 engaging activities each day
- Musical activities used to promote physical movement and listening pleasure
- Hot, appetizing meals prepared on site
- Support groups and caregiver educational programs
- Well-trained, compassionate staff provides worry-free care

www.FriendsPlaceADS.com
1232 W. Belt Line Rd., DeSoto, TX
Ask about our Veterans program.



Steak and Sweet Potatoes
With Curry Aioli

3. Lay an egg roll wrapper down; put a heaping spoonful (about 1 to 2 Tbsp.) of the cheesecake mixture in the center at a diagonal. Put a handful of strawberries on top. Using a wet finger, wet the edges of the egg roll wrapper; roll by folding over, tucking ends in and rolling. (The egg roll wrapper package should include rolling instructions with images; use if needed.)
4. Place the egg rolls in the hot oil; fry, submerged, for 3-4 minutes, or until golden brown. Remove them from the oil; put them on a paper towel to blot off the excess oil.

5. While the egg rolls are cooking, mix together the powdered sugar and lemon juice to make a glaze. Drizzle the glaze over the cooked egg rolls. Top with fresh strawberries; enjoy!

Roasted Ranch Potatoes

- 3 lbs. red potatoes, quartered
- 1 pkg. dry ranch dressing
- 1/4 cup duck fat

1. Preheat the oven to 350 F

2. Rinse and dry the potatoes. Mix all ingredients in a bowl.
3. Place the potatoes on a sheet pan; cook until tender. (This also works in an air fryer.)

Watermelon Salad

- 3 cup watermelon, cubed
- 3 Tbsp. champagne vinaigrette
- 1 Tbsp. feta cheese
- 1 Tbsp. fresh mint, diced
- Pinch of salt

1. Add the watermelon, champagne vinaigrette, feta cheese and mint to a large bowl; toss to combine.
2. Finish with salt.

To search for more great recipes from any of the 9 NOW Magazines publications, visit www.nowmagazines.com.



FAMILY & COSMETIC DENTISTRY

DR. EMILIO LOPEZ
FAMILY & COSMETIC DENTISTRY

Caring | Friendly | Excellent Service | Beautiful Smiles

Services Offered

Hablamos Español

- Low Radiation Digital X-Rays
- Nitrous Gas Sedation
- Intraoral Cameras: you see what we see.
- Teeth Whitening
- 10% Senior Discount

Most Insurance Accepted

In addition, we are preferred-providers for:

Metlife PPO	Delta PPO AARP Dental
Cigna PPO	United Healthcare PPO
Guardian PPO	Blue Cross/Shield PPO
Humana PPO	Principal/Ameritas PPO
Assurant PPO	United Concordia PPO
Aetna PPO	Connection PPO

New Patient Special Offer

\$89

Exam, basic cleaning & X-rays. Not valid with insurance.

(A \$222 Value. Expires 5/31/21)

"My whole family goes to Dr. Lopez & we love him. He's professional, personable & takes the time to listen to his patients — a rare trait these days. Staff are equally professional & personable." — Barbra B.

Dr. Emilio Lopez, DDS, PC | 972.291.2591 | CedarHillDentist.com

110 E. Belt Line Rd., Suite 100, Cedar Hill, TX 75104



THE LOCAL TABLE

Help keep your favorite restaurants up and running. Call them for your next meal!



Open for Dine-in Call or Order Online for Curbside Pick Up!
Doordash • Uber Eats

LIVE MUSIC Every Saturday 9PM-12AM



**BEST BURGERS,
BEERS & COCKTAILS
IN DUNCANVILLE**

\$6
**CHEESEBURGER
AND FRIES**

Offer Expires 5/31/21

WHAT OTHERS ARE SAYING:

"Love the food and the atmosphere! Many beer options for those that drink beer." - Mary A. from Dallas

"Great place to catch a game and watch it outside on the patio with your dog! Very pet friendly." - Gilbert C. from Duncanville



Featured in
**The Dallas
Morning News**

NOMINATED
**TOP 10 NEIGHBORHOOD
RESTAURANTS IN DALLAS**

Tuesday - Sunday 11am - 2am

469-759-6743 100 S. Main St. 101B, Duncanville

MUDHOOKBAR.COM

B IN SUSHI & GRILL



**\$5
OFF**

**\$25 or more
purchase**

DINE-IN ONLY.
EXCLUDES ALCOHOL.
EXPIRES 5/31/21

BnSushi.com

972-293-1009

638 Uptown Blvd #120
Cedar Hill

CAMPUZANO

mexican food



\$5 OFF

\$20 PURCHASE
Expires 5/31/21

CAMPUZANO

**We Truly
Thank You
For Your
Patronage**

Midlothian - Waxahachie (Reopening Soon) - Cedar Hill - Dallas (Oak Lawn)

CampuzanoMexicanFood.com

Meet the Owners

- Historic Downtown Cedar Hill -



1846 Coffee | 469.454.6124 | 610 Cedar St

Meet the three coffee lovers behind 1846 Coffee! Jake, Kesli, and Danny have partnered together in hopes of creating a superior coffee shop experience. Their vision is to create a place where people feel welcome and inspired to build their dreams. A place where you can work, study and socialize, all while enjoying delicious coffee, drinks, pastries, and breakfast tacos in a friendly, cozy atmosphere.

Decor on the Hill | 972.637.3644 | 608 Cedar St

Richard needs no introduction if you have been in Decor On The Hill. He and his team bring unique home decor, candles, jewelry, furniture, cards, and gifts. He also is the place to get the very popular Cedar Hill pillows, local favorites, and amazing truffles. Stop by and say hi!



Lavish Retreat & Spa / Soapery | 469.526.3444 | 231 Texas St

Escape everyday stress in the environment created by Alice. Her years of experience in the hair and massage industries have led to her passion of creating a massage & spa retreat. Don't want your treatment to end? She handmakes and combines all of her soapery products to be able to take the experience home with you. Stop on by to see how she can help you!

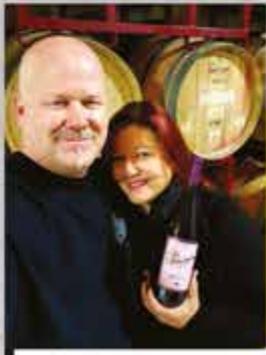
Ash & Ember Brewing | 972.637.3450 | 226 Texas St

Meet Tim and Brian, the two friends that took making beer from the garage to the next level. Tim grew up in Cedar Hill and pays homage with the names of all of the brews. Join in the fun of their trivia nights or just stop on by the local brewery for a taste flight, pint, or growler. Pair local brews with a taco or two from Mija's BBQ right inside the brewery.



Saviana Winery | 972.908.0013 | 316 Cooper St.

When Julie was growing up, her Great-Aunt Saviana sent her scavaging with basket in hand to pick various fruits. They were then pressed and placed in ceramic demijohns and eventually became Saviana's famous fruit wine. Julie remembered these times and, along with her husband Jeff, brings that sense of friendship and fun to Cedar Hill with their wine, flatbreads and cheese platters.



All of these businesses & more are on the Shop Cedar Hill Card
Scan & buy your card today to support local.
One card....many local businesses to choose from!



Summer fun is where
the towers are!

Summer Fun Bucket List



What will your next Cedar Hill adventure be?

- Family fun at Ellen's Amusement or Altitude Trampoline Park
- Eat, stroll & shop in Historic Downtown or Hillside Village
- Adult fun on the patios of Ash & Ember Brewery or Saviana Winery
- Nature fun at Cedar Hill State Park or Dogwood Canyon Audubon Center
- Take a hike on the new Balcones Trail along 1382



Scan & Plan your adventures today!





BusinessNOW

Bristol Hospice Pathways, LLC

— By Virginia Riddle and Melissa Rawlins

Bristol Hospice Pathways, LLC

115 Park Place Blvd., Ste. 100

Waxahachie, TX 75165

(972) 923-2436

Fax: (972) 923-0043

saundra.townley@bristolhospice.com

www.bristolhospice.com

Facebook: Bristol Hospice Pathways

Hours: Office: Monday-Friday: 8:00 a.m.-5:00 p.m.

Clinical: 24/7

The time often comes when a patient and his or her family realizes it is time to bridge from curing the patient's illness to providing comfort to all. That's when Bristol Hospice-Pathways, a 2019 Strategic Healthcare Programs SHPBst Superior Performer recipient, can help provide the care and education needed. The two community liaisons in this area, Jim Colwell and Kamonica Booker, pour their compassion into several activities chosen to fulfill this community's needs.

SHPBst Honors are awarded through satisfied family surveys. "The education we provide is equally important. It helps take the fear of the unknown away," Saundra Townley, RN, BSN, and executive director said. With a focus on the person and not the disease, the concept of hospice was founded by Dame Cicely Saunders, in England, in 1968. Bristol Hospice-Pathways derives its name from Bristol, England, using the Bristol Bridge, along with the "Bristol Heart," as its logo. "The B, which looks like a leaf, also signifies the four chambers of the human heart," Saundra revealed.

Bristol Hospice-Pathways staff serve patients in 37 counties, and they have always served Ellis and Dallas counties. "We are heavily serving here now," Saundra said. "In January 2020, when we acquired New Dawn Hospice, we expanded our area and brought on additional local clinical personnel."

Patients in Ellis and Dallas counties are served, primarily, by homegrown staffers including nurses, chaplains and social workers who provide comfort; pain and symptom control; physical, emotional and spiritual care; and family caregiver

support, all of which lead to a life lived to the fullest, with dignity. Bristol Hospice-Pathways tailors its service to every patient's individual needs.

Bristol Hospice-Pathways offers the We Honor Veterans program, including a memorial book for patients to complete for their families, and fellow veterans who serve as volunteers to be a listening ear. *Namaste*, meaning "honoring the spirit within," is another offered program, focusing on the five senses, along with the sixth sense — the spirit.

“WE BUILD RELATIONSHIPS AND BECOME PART OF THEIR LIVES, AND IT’S AN HONOR THEY ENTRUST THEIR CARE TO US.”

Following a patient's passing, Bristol Hospice-Pathways cares for family members for the following 13 months. "We're family helping families," Sandra said. "For instance, we helped a lady in her 90s fulfill a wish to fish. It gave me goosebumps to teach her how to fish. At the end of the day, it's always the biggest blessing to have seen the smile on the faces of patients and their caregivers. We build relationships and become part of their lives, and it's an honor they entrust their care to us." Community volunteerism is also a part of Bristol Hospice-Pathways.

Patients can choose to remain with their own doctors, with whom Bristol Hospice-Pathways doctors and nurses will coordinate care. Payment is made through Medicare, Medicaid, VA benefits, private insurance and private pay. Additionally, the Bristol Foundation can be accessed by staff social workers when needed.

Sandra received her BSN from the University of Texas at Arlington, and is working on a master's degree in nursing. "I love what I do," she concluded. "When you need hospice, it's not giving up hope. It's taking a different route." **NOW**

Bristol Hospice, LLC, is graciously committed to our mission that all patients and families entrusted to our care will be treated with the highest level of compassion, respect and quality of care.

Bristol Hospice
embracing a reverence for life

PATHWAYS

WE PROVIDE:

- Pain and Symptom Management • Counseling and Support Services • Spiritual Counseling
- Therapy Service • Skilled Nursing Care • Home Health Aide Services • Volunteer Services
- Supplies, Medication and Durable Medical Equipment related to the Life-Limiting Illness
- Continuous Care • Outpatient Services • General Inpatient Services • Respite Care Services

COUNTIES SERVED:

Anderson • Cherokee • Collin • Dallas • Ellis • Gregg • Henderson • Hill • Johnson • Kaufman
Navarro • Rockwall • Rusk • Smith • Tarrant • Van Zandt • Limestone • Freestone • McLennan

972-923-2436 • 877-214-3565
115 Park Place Blvd., Suite 100, Waxahachie, Texas 75165
www.bristolhospice.com Follow us Facebook.com/Bristol-Hospice-Pathways

Happy Mother's Day
from Split Endings Salon
& The Haydin Insurance Group.

Rated BEST Hair Salon Since 2010
Focus Daily News

Cuts and Styles for Men, Women and Children.
Expert Color and Highlights are our Specialties, including the Ombre and Balayagé!
Room Now Available for an Established Stylist.

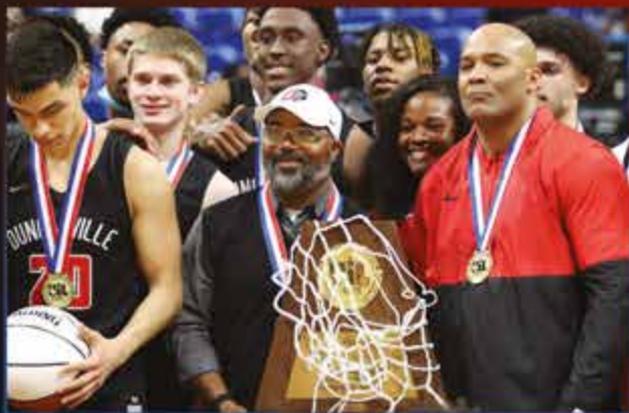
New Client Specials
\$5 OFF Haircut
\$10 OFF Any Color Service

Walk-Ins Now Welcome!
Call, Book Online or Text Your Stylist
www.SplitEndingsSalon.com
972.291.7883

Split Endings Salon

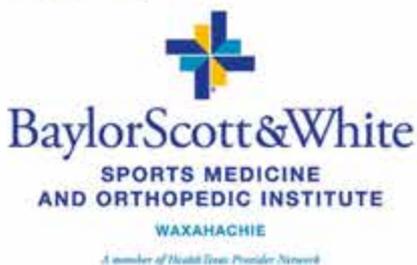
201 Bryan Place Cedar Hill (Corner of Straus Rd)

Natalie Davis 469-837-1192
Rachel Powers 469-327-0409
Amber Haydin 469-693-1582
Yoko Smith 214-808-8028
Deanna Ritchie 214-285-3819
Tamara Sanders 505-240-4572



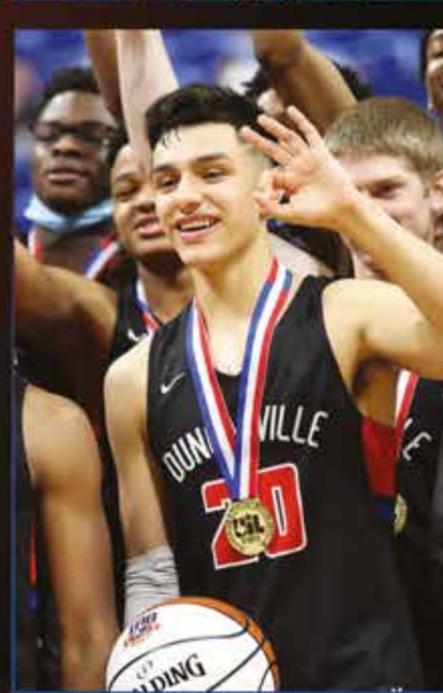
CONGRATULAT DUNCANVILLE

2021 UIL 6A





IONS PANTHERS STATE CHAMPIONS



Photos courtesy of Duncanville ISD.

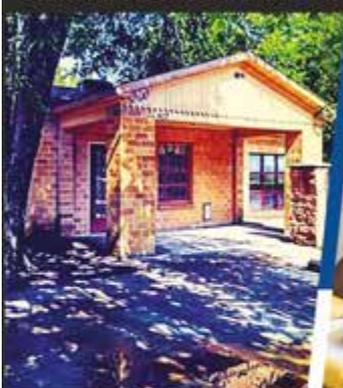
**Family & Cosmetic
Dentistry**
William A. Brown, D.D.S. F.A.G.D.



Attorney Desmond L. Cooks
Account Executive Mark D. Cooks

Our mission is to enhance the quality of life in communities through individual and family services, community programs, and partnerships with other organizations.

SERVICES OFFERED:



2.1.1
Get Connected. Get Help.™

Local Food Pantry

After School Feeding Program

On-site Notarizations

211 Registered

Pantry will move to Saturday's beginning June 19th from 11am - 2pm



C.Y.F.S., INC
COMMUNITY, YOUTH, FAMILY, SERVICES



402 LEE ST., CEDAR HILL TX, 75104 • WWW.CYFSERVICES.NET

Looking to volunteer?
Call 469.454.6539
or email
info@cyfservices.net

(469) KOS-4KID

Attention DeSoto, Cedar Hill, Glenn Heights, Lancaster Families & Schools

ARE YOU READY TO LET YOUR CHILD GROW?

Kosmic Kids of DeSoto, is a warm and loving environment where kids can learn and grow. Your child will enjoy snacks; Nutritious Meals for Breakfast, Lunch & Dinner; have help with homework; experience daily devotional; and participate in weekly entertainment.

- Provides Before & After School Care • 0-13 Years of Age
- Faith Based • CPR First Aid Certified
- Discounts Available - Please Inquire
- The Only 4 Star Texas Rising Star Facility In DeSoto

CLAIM YOUR 1 WEEK FREE CHILD CARE VOUCHER TODAY!

Call 469-567-4543 to find out more details and redeem your 1 Week FREE Voucher

www.KosmicKidsTx.com • 1101 East Pleasant Run Road • DeSoto, TX 75115

Healthcare is Better when it's all together.

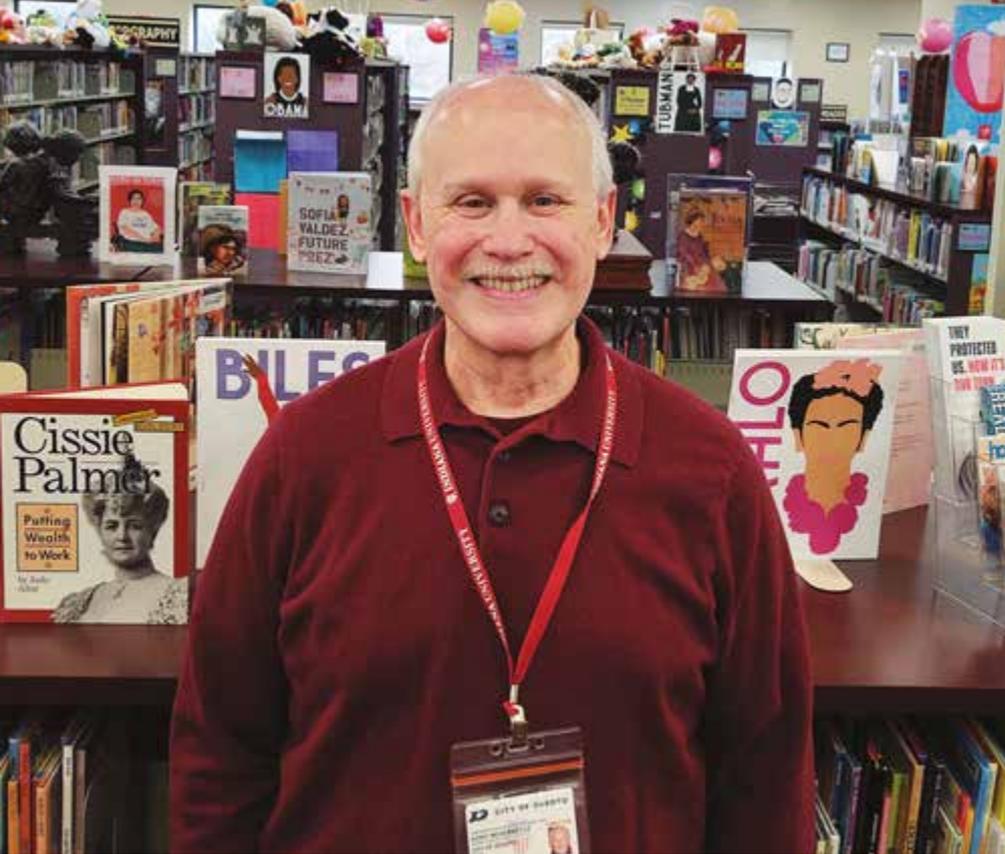
 MyBSWHealth



- ▲ Make in-person appointments
- ▲ Conduct video visits
- ▲ Start an e-visit
- ▲ Message your care team
- ▲ Refill prescriptions
- ▲ View or manage your medical records all in one place
- ▲ Manage your family's records, too



Text **BETTER**
to **88408**
to download
the app



Zoomed In: Kerry McGeath

By Adam Walker

Kerry McGeath is retiring after seven years as managing director of the DeSoto Public Library. “I got a master’s degree in library science but worked in retail for years. That degree was really helpful in retail, but then I took a job at the library in Southlake for 13 years before coming to DeSoto. Running a library has lots of moving parts, keeping up with programming and making sure we’re providing what the community wants and needs.”

And that’s before the pandemic forced Kerry and his staff to be even more creative when providing services. “We’ve been working hard to keep everyone safe. I’m 62 now and have MD. I want a few years of mobility in retirement.” He plans to continue teaching library management at TWU.



Latasha Esters is a big-time football mom.



Raul Rios and Abel Hernandez of City View Tacos receive an award from Chamber Chair Danielle Franklin.



Girlfriends PAC Ministries offers free breakfast to customers at Whataburger in DeSoto.



Cedar Hill ISD hosts a ceremonial ribbon cutting for the new Centralized Enrollment Center.



The Cedar Hill Highsteppers prove they're the best in the nation.



DeSoto welcomes the BMX Super Nationals to town.



David Fonseca and Kendall Henry show off their dinosaur dioramas at First Methodist School in Duncanville.



The Duncanville boys basketball team heads off to San Antonio to play for the state championship.

Beautiful Your Countertops!
Showers • Bathtubs • Countertops

Before  *After* 

**Want To Save \$1000s?
Don't Replace!
Repair & Refinish** 😊

- **FREE ESTIMATES** •
- By Appointment Only
- 2627 S. Cooper St. Ste. E12
- Arlington, TX 76015

**We Repair & Refinish Countertops
Tile Showers & Walls • Fiberglass Tubs & Showers**

Summer Special
15% OFF
Any Refinishing Job
\$695 or more if booked in May
817-633-9100

*We Repair & Refinish
Most Jobs in 2 Days
or Less!*


Offer Expires 5/31/21

Angie's list   www.ftworthrefinishing.com  

BECAUSE YOUR DOG NEEDS A VACATION TOO!

CAMP BOW WOW
DOGGY DAY CARE & BOARDING • GROOMING

-  ALL-DAY PLAY
-  PET FIRST AID & CPR CERTIFIED CAMP COUNSELORS
-  LIVE WEBCAMS
-  FLEXIBLE CHECK-IN/OUT
-  LARGE INDOOR & OUTDOOR PLAY YARDS
-  CLIMATE CONTROLLED FACILITY

FIRST DAY FREE!

CAMP BOW WOW® SW DALLAS
972-296-9663
campbowwow.com/swdallas

*LEGAL WOOF: Offer valid only at above location. Free first day valid only for interview day. New customers only. Camper must meet entrance requirements. Other restrictions apply.



ACTIVE ADULT 55+ APARTMENT HOMES

Brand new 55+ living in Cedar Hill awaits you! Offering a captivating blend of contemporary spaces and an impeccable location, minutes from upscale shopping, delectable dining, and year round recreation. Choose from spacious, pet-friendly one or two bedroom apartment homes and two bedroom villas - the definition of luxury living.



1240 E Pleasant Run Rd
Cedar Hill, TX 75104
(972) 703-5083
theluxe.com



10% Off May Treatments!

Platelet-Rich Plasma (PRP) Therapy

Non-Surgical, 3-Step Treatment
To get your hair back!



Kent Aftergut, M.D.



Meredith Orseth, M.D.



Cynthia Robinson, M.D.



Joe Capasso, PA-C

(972) 283-8979 | DallasDermatology.net
610 Uptown, Suite 102, Cedar Hill, Texas 75104
First treatment must occur in May



BEN FRANKLIN APOTHECARY

Pharmacy ~ Gifts ~ Quilt Shop ~ Kitchens Deli

Celebrate with Us

- Mother's Day - May 9th
- Armed Forces Day - May 15th
- Graduations
- Gifts for Every Event!



Find us on

302 N. Main St. • Downtown Duncanville
(972) 298-1147 • www.BenFranklinRX.com

Take a Trip Back to the Good Ol' Days

Inside Ben Franklin Apothecary



Dine-In, Take-Out, Catering & Delivery

(972) 298-8698

- Deluxe Sandwiches
- Soups • Pies
- Old-Fashioned Ice Cream & Soda Fountain



Bluebell Milkshakes

Buy 1, Get 1 FREE

Must present coupon.
Expires 5/31/21
Some exclusions may apply.

FREE

Fountain Drink

With purchase of any Deli Meal!
Must present coupon.
Expires 5/31/21
Some exclusions may apply.

Your choice for medical imaging



When your health is in question, you want answers.

Center for Diagnostic Imaging (CDI) offers answers with high-field MRI, CT, ultrasound and X-ray. At centers near you, additional services include:

- Cardiac calcium screening (Mansfield)
- Interventional services (uterine fibroid embolization (UFE), peripheral artery disease (PAD) and varicose vein (DeSoto)
- 3D mammography (DeSoto)
- Breast cancer risk assessment (DeSoto)

Easy scheduling with same- and next-day appointments are available at all locations, including our centers in McKinney, Richardson and Plano.

myCDI.com



SCHEDULE AN APPOINTMENT

call 214.420.5400
interventional services 214.420.5429

DESOTO

1750 N. Hampton Rd.
DeSoto, TX 75115

MANSFIELD

2975 E. Broad St., Suite 101
Mansfield, TX 76063

We specialize in answers.



DIAGNOSTIC IMAGING®

Center for Diagnostic Imaging is a Dallas-Fort Worth area subsidiary of Methodist (CDI) a Texas not-for-profit organization, and are staffed by independently practicing physicians who are not employed by Methodist (CDI). The physicians and staff who provide services at the imaging centers are not employees or agents of Methodist Health System or any of its affiliate hospitals. © 2021 Center for Diagnostic Imaging (CDI)

Make the steep switchback descent into Palo Duro Canyon before sundown when canyon walls turn a brilliant red, reflected in the waters of the Prairie Dog Town Fork of the Red River. The water winds its way through 250 million years of geological history and the four bioregions that are Palo Duro Canyon State Park — the Grand Canyon of Texas. If camping overnight, the sky, unhindered by city lights, lives up to that old song about the stars at night being big and bright. But if one is lucky, a quick thunderstorm will erupt with bold lighting strikes and thunder that echoes along the canyon walls. Coyote howls lull campers to sleep, only to be awakened by a brightly hued dawn and birds' trills. A day of hiking, biking, horseback riding, geocaching, scavenger hunting, observing wildlife or relaxing might just be the ticket.



GRAND CANYON OF TEXAS

— By Virginia Riddle





YON



**Save money
BY MAKING
EVERY DROP
COUNT!**



\$25 OFF System Check & Analysis
Plus tax. Offer Expires 5/31/21

While some things above ground are obvious, some things below ground are not! Contact us to schedule a repair or a system check & analysis to see if your sprinkler system survived the Texas winter storm.

License #LI0012920 License #BP0019018



ARC IRRIGATION

Licensed & Insured • Antonio "Tony" Cruz

www.arcirrigation.net

214-683-4091 • 972-639-3446

HAPPY Mother's Day

Sacred Inc.
"Where Platinum Services Are Rendered"

Funeral Home - Florist
PreNeed - Printing
Luxury Transportation - Travel

1395 N. Highway 67 South, Cedar Hill
214-376-7273 OFFICE | 214-376-7272 FAX
Email: sacredfh@live.com
Website: www.sacredfuneralhome.com

We offer free delivery and curbside service.

SAVE 20%
ON ANY PRODUCT
NEW CUSTOMERS, WITH COUPON

FREE SAMPLES!
100% Natural U.S. Hemp Oil

Mon - Sat 10am - 7pm, Sun Noon - 6pm

(972) 998-0737
www.thepurelycbd.com

241 East FM 1382 #321 • Cedar Hill
In the Kroger shopping center
Also visit one of our other D/FW locations.

VINTAGE FASHION & ACCESSORIES

Classics That Never Go Out of Style!

Yesterday's Threads at Knick Knacks!

"Awesome place to find any and everything you can't live without!" - Mia

215 W. Camp Wisdom Rd. • Duncanville
972-283-9007 • www.knickknacks.com



Many of the park's original inhabitants' progeny can still be seen today along the winding trails, cliff sides, wildlife observation points and along the canyon's floor that encompasses 27,173 acres. Native to the area are mule deer, roadrunners, wild turkey, cottontail rabbits, white-tailed deer, bobcats and raccoons. Barbary sheep have been introduced successfully to the canyon. Golden-fronted woodpeckers, canyon towhees and red-tailed hawks reside year-round, while many other bird species migrate through the land. "Bird-watching in all months is big here," Park Ranger Custodian Sarah Fry said.

Cultures have clashed throughout man's habitation in this land shaped by erosion. Clovis and Folsom peoples living in the canyon over 12,000 years ago found game, trees, wildflowers, grasses, cacti and a water supply in an otherwise high desert grassy plain. Native-American tribes — the Apache, Comanche, Cheyenne and Kiowa — were next to inhabit the canyon. Early Spanish explorers passing through gave it the name, *Palo Duro*, Spanish for "hard wood," referring to the Rocky Mountain Juniper.

Listen carefully. Winds that blow the canyon floor's red sand echo the screams of the tribes and their horses. The Battle of Palo Duro Canyon was the final, decisive battle of the Red River War between the 4th U.S. Cavalry and five encampments of the Kiowa, Comanche and Cheyenne tribes in September 1874. Charles Goodnight and John Adair established the famed JA Ranch within the canyon in 1876.

Private owners deeded land for the park in 1933. The Civilian Conservation Corps developed much of the park. Since its opening in 1934, visitors

N.I.A. KIDS

SUMMER THEATER 2021

Youth and Teens 4th - 12th Grade

Dance • Drama • Vocal

June 21 - August 6, 2021
Monday - Friday 8:30A - 4:30P

Seven weeks of fun, training and creativity that culminates with **A FILMED VIRTUAL THEATRICAL PRODUCTION!**
All safety protocols will be implemented and followed daily.

To register and for more information, visit www.niakids.org or email info@niakids.org

2021 N. Hampton Rd., Ste. 175, DeSoto, TX 75115
972-322-5413

[@niakids](https://twitter.com/niakids) [f](https://www.facebook.com/NIAKidsYouthServiceOrganization) NIA Kids Youth Service Organization [i](https://www.instagram.com/niakids_talent) [nia_kids_talent](https://www.instagram.com/niakids_talent)



from around the world have enjoyed staying in the CCC-built rock cabins and glamping tent with most amenities, group camping lodges and pavilion, sheltered sites, primitive sites and RV sites. Horses are welcome at equestrian camp sites and on horse trails.

Take the 5.75-mile steep hike to the Lighthouse formation, the canyon's most well-known structure. Finish off the day during summer months with the outdoor musical, *Texas*, performed nightly in the park's amphitheater. Private companies near the park entrance offer horseback trail rides and guide services. Inquire about current ranger-conducted programs.

Ranger Fry concluded, "There's something for everyone here. The best part of my job is helping people get the experience they want while visiting Palo Duro." **NOW**

Editor's Note: Most state parks are open and operating at normal capacity. Day use and camping reservations are still highly recommended. Make reservations at <https://texasstateparks.reserveamerica.com> or by calling (512) 389-8900.

Photos by Virginia Riddle, LLC.

BEHIND ON YOUR MORTGAGE?



- Pre-foreclosures
- Little/No Equity
- Forbearance
- We pay all closing costs!

SellPropertyStressFree.com

972.460.6999

FIRST DRINK IS
FREE!

When you sign up to become a Rhino Rewards member.



*Join the Rhino Rewards program in-store or on our app. Available on Google Play or Apple Store to redeem our offer.



TIME TO UPDATE YOUR KITCHEN?

MTM Countertops



FREE

18-gauge
Stainless Steel Sink
(\$350 value)

Call or visit our website for details!
www.MTMCOUNTERTOPS.com

**COME SEE OUR
WIDE SELECTION!**

SHOWROOM HOURS:
MON-FRI: 8AM - 5PM
SAT: 10AM - 2PM

- FREE Estimates • Competitive Pricing
- Up to 15-year Warranty on Some Products



2460 Hwy. 287 N. • Mansfield • For more info call 817.477.8663
(Northbound service road – between Callendar Rd. & Turner-Warnell)



Growing saints from the ground up!



Our Faith

- Daily Mass
- Sacraments
- Eucharistic Chapel



Classical

- Grades 1-8
- Rigorous academics
- Enrichment in History



Montessori

- PK through Kindergarten
- 12:1 student-teacher ratio
- Love for learning



Outdoor Curriculum

- Outdoor classrooms
- Amphitheater
- Animal care and gardening



NEW

Toddlers

- 18 months to 35 months
- 6:1 student-teacher ratio

Join us for a personalized Campus Tour!

Judy Saldana at 214-337-0244 or info@msmcatholic.org



Mount St. Michael Catholic School

4500 West Davis, Dallas, Texas 75211

Southwest corner of Davis and Cockrell Hill

www.msmcatholic.org 214-337-0244

BACK PROBLEMS? MIGRAINE HEADACHES? PAIN IN YOUR BODY? WE CAN HELP?

Sciatica • Joint Pain • Migraine Headaches • Work & Auto Injuries
Back & Neck Pain • Tingling in Hands & Feet • Arm & Shoulder Pain • Leg Pain

"I have been a patient for 2 years. The doctors are amazing, caring and can fix you right up!"
-Elice from Dallas

Spring Special!

Mention this ad for

**EXAM, X-RAY
& RESULTS | \$20**

(Expires 5/31/21)



Dr. Bryan McCormick, D.C.

Dr. Park, D.C.

Dr. Hassell, D.C.



**COMFORT REHAB
CHIROPRACTIC**

(469) 454-2169 • ComfortRehab.com

Cedar Hill Medical Plaza • 950 E. Belt line Road, Suite 180 • Cedar Hill
(Next to Methodist Family Health Center East)

HOURS

Monday 8:30 AM to 7 PM • Tuesday 1 to 6 PM
Wednesday 7:30 AM to 6:30 PM • Thursday 8:30 AM to 6 PM
Friday 8 AM to 3 PM • Saturday 9 AM to 12 PM

EXCITING NEWS!

**2ND LOCATION: ARLINGTON
NOW OPEN! (360 8 30)**

Compassionate Approach to Breast Health



Valerie J. Gorman, MD, FACS, is a breast surgeon who specializes in surgical oncology and surgical diseases of the breast. She is board-certified by the American Board of Surgery and serves as Chief of Surgery and Medical Director of Surgical Services at Baylor Scott & White Medical Center - Waxahachie.

Dr. Gorman performs breast surgery that includes mastectomy and lumpectomy, allowing the cancerous tissue to be removed through a single incision made in a cosmetically appealing area while preserving the natural shape of the breast and reducing any visible scarring. Dr. Gorman is dedicated to offering her patients an advanced, personalized and targeted approach to breast surgery and the treatment of breast cancer.

BSWHealth.com/Valerie-Gorman



Baylor Scott & White
TEXAS SURGICAL SPECIALISTS
WAXAHACHIE

TexasSurgicalSpecialists.com

469.800.9830

2460 North IH-35E, Suite 215 | Waxahachie, TX 75165

Physician is an employee of HealthTexas Provider Network, a member of Baylor Scott & White Health. ©2016 Baylor Scott & White Health, HTSN, 4432_216 8/0



READY TO RIDE



— By Bill Smith

**Bike Shortages Will Likely Last ...
Bicycling Booms During Lockdown ...
Bike Market Skyrockets ...** *these are some of the headlines in bicycle news that have appeared during the COVID-19 pandemic. Those of us who have been around for a while know this is not the first time bicycling has been popular. In the early 1970s, sales of bicycles was so strong that, like this boom, bike shops had little or no inventory, and waiting lists for bicycles were common.*

Part of the reason for the surge in sales during the pandemic has been the lack of access to gyms that had been relied on for regular exercise. Cycling is an activity that family members can do together, as well as friends looking to be social while still practicing social distancing. Plus, cycling is just fun!

Bicycle shops may have a backlog of customers needing maintenance and repair, so whatever we can do with a few common tools for basic maintenance at home can keep the

wheels turning. There are some specialized tools that are needed for advanced maintenance, but you probably already own enough hand tools for most routine care and upkeep of your bike.

The first thing to consider is keeping your bicycle clean. High pressure spray like one would use on their car is not needed, and, in fact, should be avoided. One should not allow water to get inside the frame, so washing the bicycle with a bucket of water and some liquid soap with a sponge, soft brush or cloth is recommended. A water hose with just normal water pressure is fine for rinsing the bike, then be sure to dry the bicycle thoroughly.

There are very inexpensive chain cleaning tools that quickly and effectively clean the chain. Fill the chain cleaning tool with solvent available from your local bike shop, and rotate the bike pedals so the chain runs through the tool several times. Remove the solvent from the tool and repeat the process with soapy water. After the chain is thoroughly dry, lubricate it with an appropriate chain lube. Wipe the excess lube off with a clean, dry rag to prevent dirt from accumulating on the chain.

Next, clean the sprockets that the chain runs on. There are some narrow brushes made for this, but a lightly oiled shop rag tightly held between the sprockets and “sawed” back and forth is an inexpensive alternative.

Tire maintenance is important, and the No. 1 consideration is proper inflation. Properly inflated tires will ride much smoother and safer than tires that are either over-inflated or under-inflated. Just use the recommended pressure on the tire as your guide, and never use the electric compressor that you would air automobile tires with. The pressure is too great for the bicycle tube, and it is too easy to over-inflate before you know it. A manually operated bicycle pump is a tool every bike owner should have.

If a tube needs to be repaired or replaced, avoid using metal screwdrivers to pry the tire away from the rim, as they can damage both the rim and the tire. Another very inexpensive tool every bicycle owner should have is a set of plastic tire levers. They are very effective and make the repair go smoothly.

If you have a multi-speed bike that is not shifting smoothly, the derailleur adjustments can certainly be intimidating and should be approached with caution. There is a barrel adjustment that can be manipulated by hand for minor adjustments, but adjusting the limiting screws in the derailleur probably should be left to the professional at your bike shop.

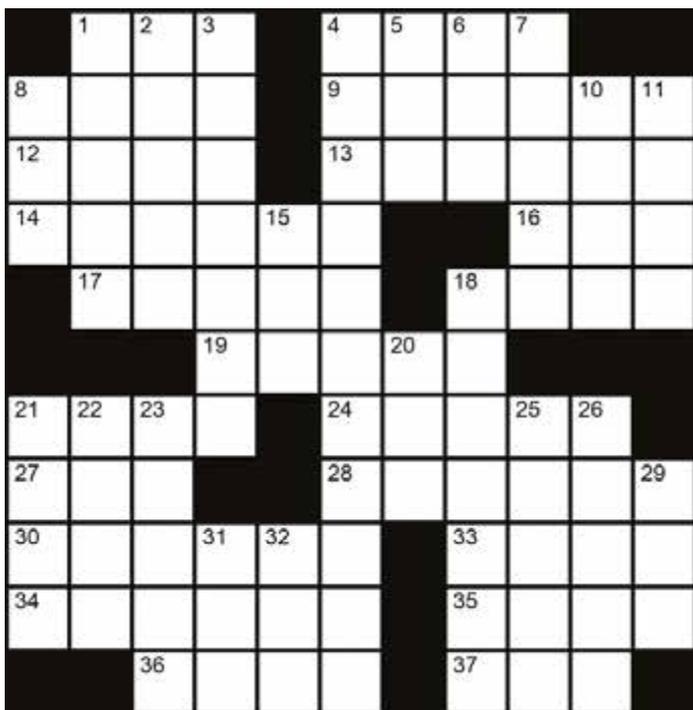
Check your brakes to make sure they are working properly, and replace the brake pads if necessary. Your bike may also have some barrel adjustments for minor tweaking of the brake pad tension on the wheel rims. If the barrel adjustment does not produce the desired result, an adjustment of the brake cable may be in order, but this is another adjustment best made by your bike shop professional.

Keeping the bike clean, properly lubricated and making sure tires are properly inflated will go a long way toward keeping your bicycle safely on the road. Beyond this, develop a good working relationship with a local bike shop. Happy pedaling! **NOW**

Sources:

1. *Forbes.com*
2. *DeLong's Guide to Bicycles and Bicycling by Fred DeLong*
3. *Complete Bike Maintenance by Fred Milson*

Crossword Puzzle



Crosswordsite.com Ltd

Across

- 1 London radio and TV network
- 4 "As --- alone, by blue Ontario's shores" (Whitman)
- 8 Miles of "Psycho"
- 9 Incendiary gel
- 12 Wide smile
- 13 Oscar winner --- Loren
- 14 Brush expert
- 16 Surgical procedures
- 17 Up and about
- 18 Assay
- 19 --- Hauptmann, the Lindbergh kidnapper
- 21 Twenty-four were baked in it
- 24 Overtake
- 27 Neuman's mag
- 28 Bay State capital's nickname
- 30 Native American village
- 33 Partiality
- 34 Executioner
- 35 Formerly, one sixteenth of a rupee
- 36 Woodpile
- 37 Stage joke

Down

- 1 He coined the comment: "A nickel ain't worth a dime anymore"
- 2 Cockneys, Liverpoolians et al.
- 3 Incredulous response
- 4 Trainers
- 5 Portuguese holy one
- 6 Software program, briefly
- 7 California border lake
- 8 Computer monitor letters
- 10 Hot --- (M A S H role)
- 11 Nuts
- 15 Respectful form of address
- 18 Carryall
- 20 "Forget it!"
- 21 Current units
- 22 Revere or Robeson
- 23 Best possible
- 25 Crockery
- 26 --- He (Chinese river)
- 29 Youth org.
- 31 Letters on some party invitations
- 32 Section of a race

Solutions on page 52

For online versions, visit nowmagazines.com

**Help Fight the Virus.
Get Your Vaccine!**



Thelma S. Clardy
THE CLARDY
LAW FIRM

✦ Family & Probate Law ✦



1801 N. Hampton Rd., Suite #365
DeSoto, TX 75115
thelclardy@aol.com
Tel: 972-298-6001 Fax: 972-432-7646
Cell: 972-201-5426

Celebrating 11 Years of Business!



FREEDOM HEATING & AIR
Sales-Service-Maintenance-Residential-Light Commercial

SERVICES

- Air Conditioning & Heating Solutions
- Maintenance Plans, Repairs & Tune-Ups
- Smart Thermostat Installation
- Duct Cleaning & Duct Sealing Solutions

OFFERS

- Authorized ONCOR Service Provider
 - **UP TO \$2800 in Oncor Incentives**
- Quality Service on **ALL** Brands
- **10 YEAR** Worry-Free Warranty on Service, Labor and Parts for **NEW** Equipment
- Senior Citizens & Military Personnel/Veterans **DISCOUNT**

www.freedomcooling.com
214-347-8791
TACLA 29453C




Sudoku Puzzle

Easy

Medium

1	3							
				8	9			2
			1					
2		3					9	
			5	3		8		
		4		6				
	4						2	
				2	8			9
		2		7			1	

		6			5			
5		2	8	6				3
				1				
	4					7	6	
	5	1	2					8
9				7	8			
			7					
8		9	5	4				
	1			8				2

CrosswordSite.com Ltd

For online versions, visit nowmagazines.com

Solutions on page 52

PAIN MANAGEMENT - AUTO ACCIDENT - SPORT - WORK INJURY

EXPERIENCING PAIN?

CrescentPMC.com
f/crescentregional

FIND RELIEF TODAY!

Receive immediate help managing **back, hip, knee, leg, and neck pain**.
Our practice also offers **comprehensive arthritis management**, along with
treatments for **auto accidents, sports, and work injuries**.

Crescent Pain Management Center takes pride in offering state-of-the-art
treatments, including minimally invasive procedures.
These options can help our patients avoid painful invasive surgery.

Pain Management Services available in person or via Telemedicine.



CRESCENT
PAIN MANAGEMENT CENTER



CRESCENT
REGIONAL HOSPITAL

Call us or request an on line appointment for a consultation at CrescentPMC.com
WE ARE BOARD CERTIFIED IN PAIN MANAGEMENT, AND CAN PROVIDE IMMEDIATE CARE.

CALL US TODAY! HABLAMOS ESPAÑOL!
Ph. 469-297-5471

REGENERATIVE MEDICINE *and PRP Therapy*

A proven safe and effective way to treat
Arthritis and other conditions without
using any medications.

**One 30-Minute Treatment
Could End Your Pain!**

Conditions that can be treated with PRP Therapy:

- Osteoarthritis
- Bursitis
- Tendonitis
- Fibromyalgia
- Neuropathy
- Muscle, Ligament and Tendon tears/ injuries
- And Many more

Treatment is FDA cleared and
has **over 90% success rate.**

Treatment is safe, easy and requires
NO SURGERY

**Call us today if you experience
any pain or discomfort.**

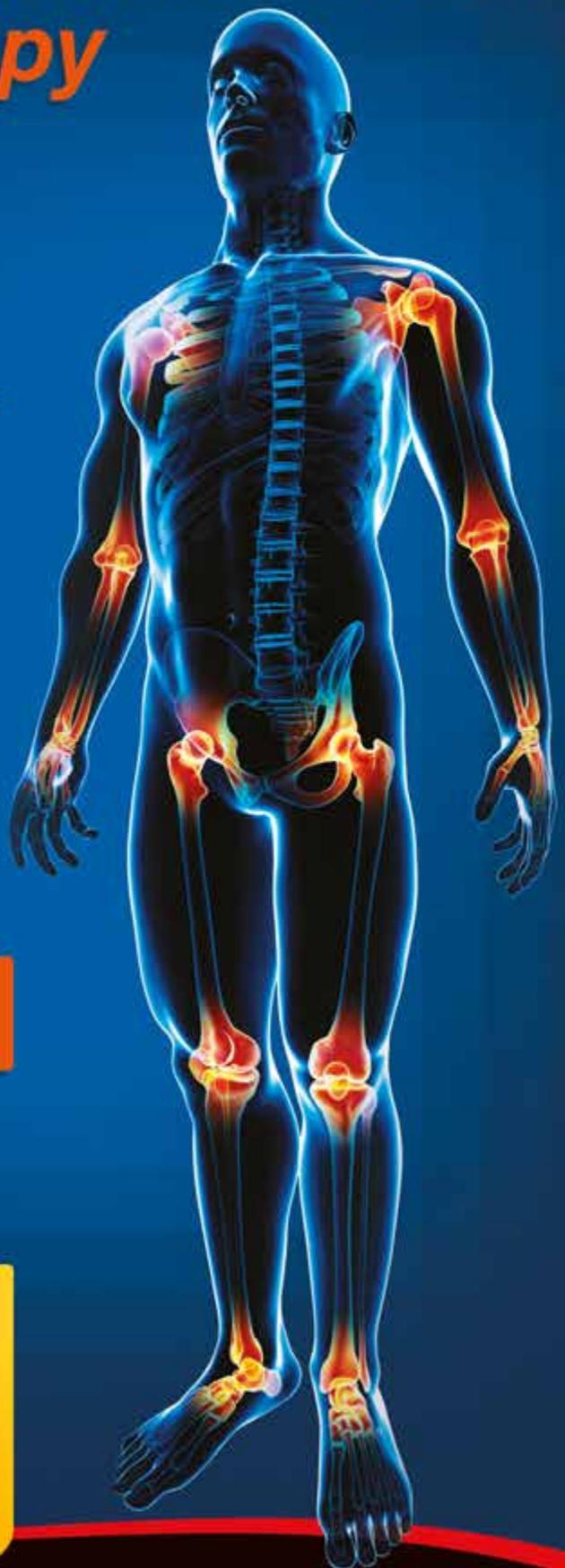
**We accept all major medical
insurances including Medicare.**

*We Believe in
Living Life Pain Free*

**CALL US TODAY TO
MAKE AN APPOINTMENT**

**469-732-0880
or 972-937-0086**

or email us at: completehealthmedicalcenter@gmail.com



COMPLETE HEALTH MEDICAL CENTER • 905 FERRIS AVENUE • WAXAHACHIE

WWW.COMPLETEHEALTHMEDICALCENTER.COM



WKCA
Where Kidz Connect Academy
In business since 2008

INSPIRING & ENCOURAGING KIDS TO PLAY, LEARN, AND EXPLORE

Summer Program begins June 7th
Inquire for rates.

- Before & After School Care for Ages 5-12 • 4 meals provided per day
- Great enrollment discounts and sibling discounts • Virtual Learning
- COVID-19 Guidelines followed • Over 8,000 square feet of learning space and
- High tech virtual camera system inside and out

Receive a **15% discount** to all frontline workers enrolling 2 or more children.

We accept CCMS

Hours of operation 6am to 6:30pm
Inquiries Call : 1 877-824-KIDZ(5439) Ext. 1 | 513 Straus Rd. Cedar Hill TX, 75104




Infant 6 weeks to 17 months



Pre-Nursery 18 to 23 months



Pre-K 2yrs-4yrs

SCAVENGER HUNT WINNER!



Maybe Magdaleno won a \$50 cash prize courtesy of SouthwestNOW Magazine!

OCBF
OAK CLIFF BIBLE FELLOWSHIP

214-672-9119
www.ocfbbookstore.org

GREAT GIFT IDEAS FOR **Mother's Day & Graduation** AVAILABLE NOW!

YOUR ONE STOP SHOP FOR **Quality Christian Resources**




1660 W. Camp Wisdom Rd.
Dallas, Texas 75232
Monday - Thursday 10am - 6pm



Due to COVID-19, some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

MAY

5/1

Election Day:

Various local elections and bond issues. Check your city websites for times, locations and ballot items.

Mother and Son Dance:

Enjoy two hours of dancing, games, painting and food at this casual event with jerseys and jeans. Masks required. Limit 80 people per time slot. Advanced tickets required. \$20 for DeSoto residents, \$25 for nonresidents. 4:30-6:30 p.m. or 7:30-9:30 p.m., DeSoto Civic Center, 211 E. Pleasant Run Rd.

5/1-5/31

Scarborough

Renaissance Festival: Held on Saturdays and Sundays, plus Memorial Day Monday. Adults: \$37; kids 5-15: \$17. Discounts available online at SRFestival.com. 10:00 a.m.-7:00 p.m., 2511 FM 66, Waxahachie. (972) 938-3247, www.srfestival.com.

5/7

First Fridays at Main Station:

Come out for the inaugural night of artists, makers and musicians, and support the local art scene. Free for the public. \$20 for vendors. 7:00 p.m.-midnight, 100 S. Main St., Duncanville.

5/8

I Survived:

Celebrate and empower women who have survived the worst. Free, but register through Eventbrite. 10:00 a.m.-2:00 p.m., Jackie's Hair Cafe, 1427 Oak Ridge Dr., Ste. A, Duncanville.

Mother's Day Expo:

Come see what local businesses have to offer Mom. Free. 1:00-5:00 p.m., Forever Swing Event Center, 2021 N. Hampton Rd., # 175, DeSoto.

5/14

National Police Memorial Day:

Honor fallen officers. Free. 10:00-11:00 a.m., Duncanville Police Department, 203 E. Wheatland Rd.

5/22

12th Annual Firetruck Pull:

Come watch teams compete in pulling one of Duncanville's fire engines to benefit Special Olympics. Free. 9:00 a.m.-1:00 p.m. To register a team, contact Officer Sisk at (972) 780-5027, dsisk@duncanvillepd.com or www.sotx.org/firetruckpull.

5/23

The Art of Fashion:
Damonte Anderson, fashion

guru, hosts this event with cool threads, live music and DJ. \$40-55. 6:00-11:00 p.m., Unique Visions, 324 S. Hampton Rd., DeSoto.

5/28-5/30

National Polka Festival:

Celebrate Czech culture. Free-\$30. **Friday:** 6:00-11:00 p.m.; **Saturday:** 9:00 a.m.-midnight; **Sunday:** 8:00 a.m.-11:30 p.m., Downtown Ennis and participating Czech culture halls. See NationalPolkaFestival.com for more information.

5/29

Preschool Prep Workshop:

Learn what you need to know to get yourself and your child ready for the first day of school. Free. 10:00-11:00 a.m., 701 Belt Line Rd., Cedar Hill.

Thursdays

Celebrate

Recovery Meeting:

A Christ-centered recovery program designed to help those struggling with hurts, habits and hang-ups. 7:00-9:00 p.m., The Lighthouse Church, 1400 N. 9th St., Midlothian. For details, email cr@dfwlighthouse.org.

Fridays

Heroes and Helpers Story Time:

10:30 a.m. on the Zula B. Wylie Library Facebook page.

Last Fridays

Poetry Night:

Join an open mic night, open to all ages, talents and styles. Authors and musicians are welcome. Black and Bitter Coffee, 100 S. Main St., Duncanville.

Saturdays

Food Distribution:

Receive one box of food and 1/2 gallon of milk. Free. 9:00 a.m.-noon, 265 W. Pleasant Run Rd., Cedar Hill. Call Alicia Isang at (469) 774-7764 for more information.

Third Saturdays

Duncan Switch

Saturday Street Market:

The event includes vendors, food and fun. 9:00 a.m.-3:00 p.m., Main and Center streets, Duncanville.

Submissions are welcome and published as space allows. Send your current event details to adam.walker@nowmagazines.com.

ACCESS SELF STORAGE
AND TRUCK RENTAL
 PREMIER STORAGE FACILITIES
 New State-of-the-Art Self-Storage

Office, House or Garage,
 need more space?

WE GOTCHA COVERED!

With Storage Units from
 10x30 to 5x5



DeSoto • 469-283-0123

SE Corner Hampton Rd. & Danieldale

Midlothian • 214-236-7474
 1630 Hwy. 67

Lancaster • 972-224-4545
 1040 Cedar Valley Dr.

Red Oak • 972-515-8600
 E. Ovilla Rd. & TX-342

Oak Cliff • 214-372-3880
 3427 Marvin D. Love Frwy.

Move-in
 Special
\$29.95
 10x10 Drive-up Unit
 Plus admin fee. Call for details.
 Exp. 5/31/21



www.accessstoragedallas.com • 888-247-5603



**SouthwestNOW
 Scavenger Hunt**



Find 5 hidden
 frogs

in 5 different ads in this issue
 (not counting the one above).

Email the page numbers and
 specific ads where they are
 found, plus your contact
 information and phone
 number, by May 15th.

To ensure your Scavenger Hunt
 answers go in the drawing,
 you must use the

Scavenger Hunt Email

scavenger.swn@nowmagazines.com



\$50 Cash Prize

Courtesy of:
 NOW Magazines
 scavenger.swn@nowmagazines.com

Winner must pick up prize
 within 30 days of drawing.

Birds were found on
 pages 14, 19, 25, 30, 40

April winner is:
 Teresa Zamudio - \$50 Cash
 from NOW Magazines



scavenger.swn@nowmagazines.com



CHECK OUT OUR

*Favorite
 Recipes*

NEW!

www.nowmagazines.com
 Searchable Recipes
 from the NOW Magazines Archives.

TRY IT TODAY!

NOW
 MAGAZINES

Big Al's
**CELLULAR
 REPAIR**

We Fix Cell Phones

All Makes & Models
 SCREEN CRACKS - WATER DAMAGE
 CHARGING PORTS

SPRING SPECIAL

\$10 OFF

\$40 REPAIR OR MORE

EXPIRES 5/31/21

972-223-2615

www.BigAlCellularRepair.com

MON.-FRI., 10 AM-7 PM SAT., 10 AM-5 PM
 208 SOUTH HAMPTON ROAD, STE. #102, DESOTO

The National Polka Festival
ENNIS TEXAS

FRIDAY, MAY 28
King & Queen Dance Contest

SATURDAY, MAY 29
Parade, Arts & Crafts Vendors, Kolache Eating Contest, Live Polka Bands including Brave Combo, & Jon Wolfe/Jesse Jennings Country Concert

JON WOLFE

JESSE JENNINGS

SUNDAY, MAY 30
Arts & Crafts Vendors, Live Polka Bands including Brave Combo & Alex Meixner

FOR TICKETS AND MORE INFORMATION:
www.nationalpolkafestival.com | 972.878.4748

Crossword - Sudoku Solutions

	B	B	C		I	S	A	T		
8	V	E	R	A		9	N	A	P	A
12	G	R	I	N		13	S	O	P	H
14	A	R	T	I	S	T			16	O
	17	A	S	T	I	R		18	T	E
		19	B	R	U	N	O			
21	A	P	I	E		24	C	A	T	C
27	M	A	D			28	T	H	E	H
30	P	U	E	B	L	O			33	B
34	S	L	A	Y	E	R		35	A	N
		36	L	O	G	S		37	G	A

Easy

1	3	8	2	4	6	9	7	5
4	6	5	7	8	9	1	3	2
7	2	9	1	5	3	4	8	6
2	5	3	8	1	4	6	9	7
6	9	7	5	3	2	8	4	1
8	1	4	9	6	7	2	5	3
5	4	6	3	9	1	7	2	8
3	7	1	4	2	8	5	6	9
9	8	2	6	7	5	3	1	4

Medium

1	9	6	3	2	5	8	4	7
5	7	2	8	6	4	1	9	3
3	8	4	9	1	7	2	5	6
2	4	8	1	5	3	7	6	9
7	5	1	2	9	6	4	3	8
9	6	3	4	7	8	5	1	2
6	2	5	7	3	1	9	8	4
8	3	9	5	4	2	6	7	1
4	1	7	6	8	9	3	2	5

Happy Mother's Day!

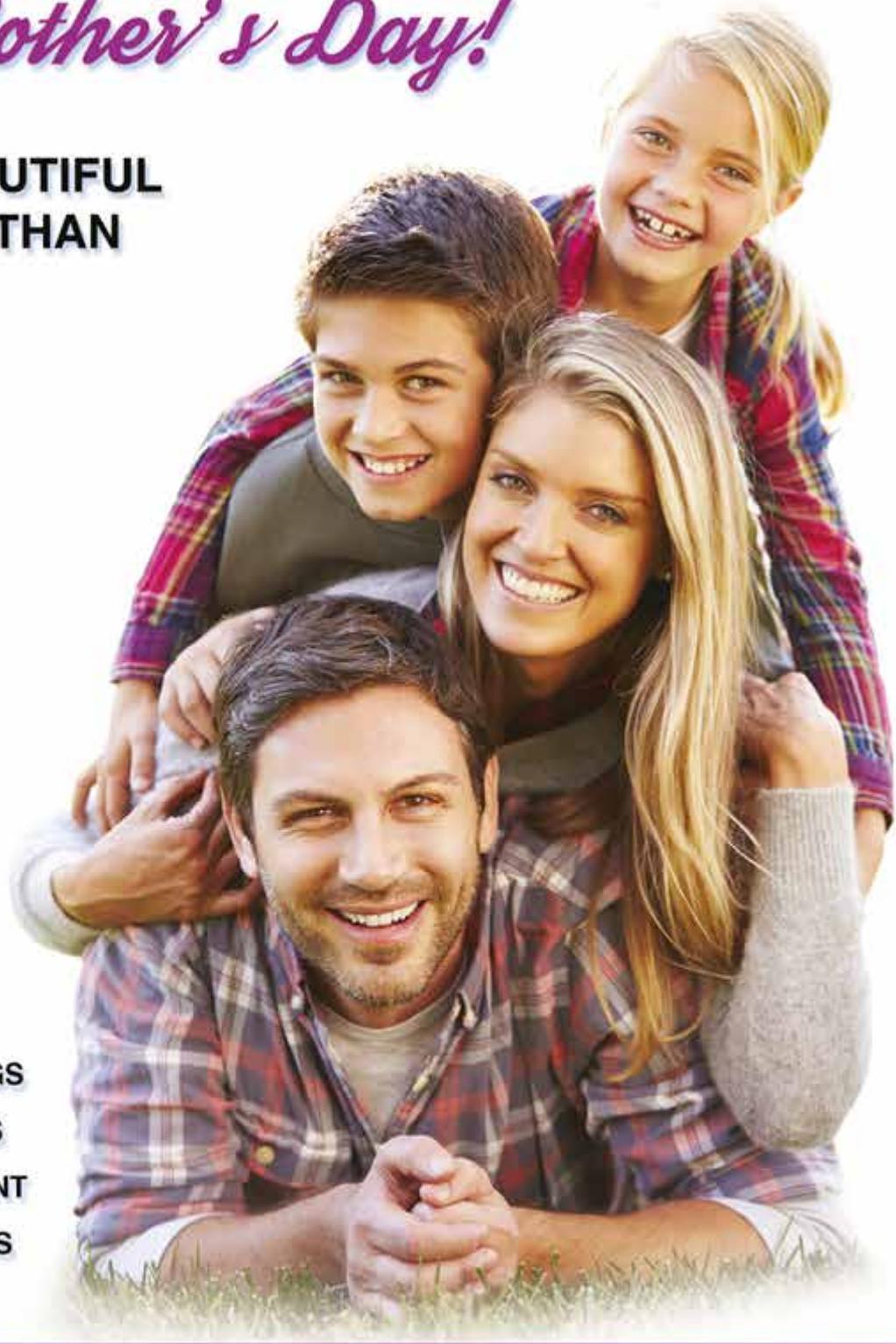
**CREATING A BEAUTIFUL
SMILE IS EASIER THAN
YOU THINK.**

**DENTISTRY CAN
BE PAIN FREE &
AFFORDABLE.**

**CALL US
TODAY!**

**AVAILABLE
SERVICES:**

- INVISALIGN
- WHITENING
- CROWN AND BRIDGE
- TOOTH COLORED FILLINGS
- IMPLANTS/MINI IMPLANTS
- PERIODONTAL TREATMENT
- DENTURES AND PARTIALS



WILLIAM A. BROWN, D.D.S. F.A.G.D.

972-298-8515

www.williamabrowndds.com • williamabrowndds@gmail.com

GENERAL DENTISTRY • 226 N. CEDAR RIDGE RD. DUNCANVILLE, TX 75116

10th Anniversary

1920-2020

HILLCREST BAPTIST CHURCH



SUNDAY, MAY 30

10:00 AM

**Celebrating 100 Years of
God's faithfulness.**

hillcrestbc.com/100

Join us for an outdoor celebration service as we embark on our next century and continue our mission of loving and serving God and loving and serving others.